


Middle Schools

2023

Week 1 Meat/Meat Alt. & Grain	Monday	Tuesday	Wednesday February 1	Thursday February 2	Friday February 3
Entrée Choice 1 Option 1: or Option 2:			Chicken Tenders Wrap and Dip or Strawberry or Vanilla Parfait Cup	Philly Cheese Steak On WG Sub Roll or Big Daddy Pizza	Big Daddy Pizza or -Spicy or Regular Chicken Patty on Bun
			-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w/Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2			-Corn on Cob -Pickle Spears -Seasoned Green Beans	- Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip	- Seasoned Broccoli - Toss Garden Salad
Fruit: Choose 1 or 2			-Fresh Watermelon -Frozen Peach Cup	-Applesauce -100% Fruit Juice	- Fresh Orange -100% Fruit Juice
Milk Choose 1			-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

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Week 2	Monday February 6	Tuesday February 7	Wednesday February 8	Thursday February 9	Friday February 10
Meat/Meat Alt. & Grain Entrée Choice 1 Option 1: Or Option 2:	RPS Burger w./ or w/o Cheese on WG Bun or Chicken Patty Sandwich	Mac & Cheese with Meatballs & WG Breadstick or Big Daddy Pizza	<u>Black History Meal</u> Oven Baked Chicken Dinner Roll <u>Dessert</u> Assorted Ice Cream Cups	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks or Hot Dog on a Bun or Corn Dog	Pizza Dippers w./ Marinara Dipping Sauce Chicken Tenders w/Roll
	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	-Baked Beans -Pickle Spears Tom/Lettuce Cup	-Seasoned Green Beans -Fresh Baby Carrots w./ LF Ranch Dip -Toss Garden Salad	Mashed Potatoes Collard Green Macaroni & Cheese	-Hash Brown Potato Patty -Fresh Baby Carrots w./ LF Ranch Dip	-Seasoned Corn -Grape Tomato & Cucumber Cup w/ LF Ranch Dip
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Chilled Fruit Cup -Frozen Peach Cup	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

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Week 3 Meat/Meat Alt. & Grain	Monday February 13	Tuesday February 14	Wednesday February 15	Thursday February 16	Friday February 17
Entrée Choice 1 Option 1: or Option 2:	RPS Burger w./ or w/o Cheese on WG Bun or Big Daddy Pizza	Penne Pasta with Meat Sauce & WG Breadstick or Deli Sandwich Comb/ Chips	Chicken Tenders Wrap and Dip or Strawberry or Vanilla Parfait Cup	Philly Cheese Steak on WG Sub Roll or Spicy Chicken Sandwich	Big Daddy's Pizza or Parfait w/Granola or Muffin
	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	-Seasoned Broccoli -Toss Garden Salad -Cinnamon Baked Apples	-Baked Beans -Pickle Spears -Tom/Lettuce Cup	-Oven Baked French Fries -Green Beans -Steamed Broccoli	-Corn on Cob -Spring Mix Salad
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Chilled Fruit Cup -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

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Week 4 Meat/Meat Alt. & Grain	Monday February 20	Tuesday February 21	Wednesday February 22	Thursday February 23	Friday February 24
Entrée Choice 1 Option 1: or Option 2	RPS Burger w./ or w/o Cheese on WG Bun or Chicken Patty Sandwich	Mac & Cheese with Meatballs & WG Breadstick or Big Daddy Pizza	Oven Baked Chicken w/Roll or Beef Nachos w/Cheese Sauce	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks or Hot Dog on a Bun or Corn Dog	Pizza Dippers w./ Marinara Dipping Sauce Or Chicken Tenders w/Roll
	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	-Baked Beans -Oven Baked French Fries	-Seasoned Green Beans -Fresh Baby Carrots w/Dip	-Steamed Broccoli -Seasoned Golden Corn -Grape Tomato & Cucumber Cup w/Ranch Dip	-Hash Brown Potato Patty -Fresh Baby Carrots w/Ranch Dip	-Garden Tossed Salad -Oven Baked French Fries -Fresh Baby Carrots w/Ranch Dip
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Chilled Fruit Cup -Frozen Peach Cup	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

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Week 5 Meat/Meat Alt. & Grain	Monday February 27	Tuesday February 28	<p style="text-align: center;"> *Available upon Request Daily. -Skim and Lactaid Milk -Hummus with Veggies and Crackers -Vegetarian Chicken Nuggets </p> <p style="text-align: center;"> “This institution is an equal opportunity provider.” </p>
Entrée Choice 1 Option 1: Or Option 2	RPS Burger w./ or w/o Cheese on WG Bun or Big Daddy Pizza	Mac & Cheese with Meatballs & WG Breadstick or Big Daddy Pizza	
	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	
Vegetable: Choose 1 or 2	-Baked Beans -Oven French Fries	-Seasoned Steamed Broccoli -Fresh Baby Carrots w/Ranch Dip	
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.