

# Middle Schools

2023

Week 1 Meat/Meat Alt. & Grain	Monday	Tuesday	Wednesday March 1	Thursday March 2	Friday March 3
<b>Entrée Choice 1</b>  <b>Option 1:</b>  or  <b>Option 2:</b>			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
			-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w/Baked Sun Chips & WG Muffin
-Corn on Cob -Pickle Spears -Seasoned Green Beans			- Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip	- Seasoned Broccoli - Garden Salad	
-Assorted Fruit -Frozen Peach Cup			-Applesauce -100% Fruit Juice	- Fresh Orange -100% Fruit Juice	
-LF White -FF Chocolate -FF Skim			-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	
<b>Vegetable: Choose 1 or 2</b>					
<b>Fruit: Choose 1 or 2</b>					
<b>Milk Choose 1</b>					

**\*Available upon request daily**

**Skim and Lactaid Milk**


**Hummus with Veggies w Chips and Muffin**

**Vegetarian Chicken Nuggets with Chips and Muffin**



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Week 2	Monday March 6	Tuesday March 7	Wednesday March 8	Thursday March 9	Friday March 10
<b>Meat/Meat Alt. &amp; Grain</b>					
<b>Entrée Choice 1</b>	Pizza or Chicken Patty Sandwich	RPS Burger w./ or w/o Cheese on WG Bun or Corn Dog	Pizza Dippers w./ Marinara Dipping Sauce Or Chicken Tenders w/Roll	<b><u>Breakfast for Lunch</u></b> Turkey Sausage French Toast Sticks or Hot Dog on a Bun or Corn Dog	
<b>Option 1:</b>					
<b>Or</b>					
<b>Option 2:</b>	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	
<b>Vegetable: Choose 1 or 2</b>	-Baked Beans  -Pickle Spears  Tom/Lettuce Cup	-Seasoned Green Beans  -Fresh Baby Carrots w./ LF Ranch Dip  -Garden Salad	-Broccoli  -Oven Baked French Fries	-Hash Brown Potato Patty -Fresh Baby Carrots w./ LF Ranch Dip	
<b>Fruit: Choose 1 or 2</b>	-Fresh Apple  -Frozen Peach Cup	-Fresh Orange  -100% Fruit Juice	-Chilled Fruit Cup  -Frozen Peach Cup	-Fresh Fruit in Season  -100% Fruit Juice	
<b>Milk Choose 1</b>	-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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<b>Week 3</b> <b>Meat/Meat Alt. &amp; Grain</b>	<b>Monday</b> <b>March 13</b>	<b>Tuesday</b> <b>March 14</b>	<b>Wednesday</b> <b>March 15</b>	<b>Thursday</b> <b>March 16</b>	<b>Friday</b> <b>March 17</b> <b>St. Patrick's Day</b>
<b>Entrée Choice 1</b>  <b>Option 1:</b>  <b>or</b>  <b>Option 2:</b>	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 w/Granola And Muffin	Philly Cheese Steak on WG Sub Roll or Spicy Chicken Sandwich	Big Daddy's Pizza or Parfait w/Granola and Muffin
	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin
<b>Vegetable:</b> <b>Choose 1 or 2</b>	-Baked Beans  -Pickle Spears/Tom/Lettuce Cup	-Seasoned Broccoli  -Toss Chef Salad	-Baked Beans  -Pickle Spears  -Tom/Lettuce Cup	-Oven Baked French Fries  -Green Beans  -Steamed Broccoli	-Corn on Cob  -Spring Mix Salad
<b>Fruit:</b> <b>Choose 1 or 2</b>	-Fresh Apple  -Frozen Peach Cup	-Fresh Orange  -100% Fruit Juice	-Assorted Fruit  -Frozen Peach Cup	-Chilled Fruit Cup  -100% Fruit Juice	-Fresh Strawberries  -Frozen Peach Cup
<b>Milk</b> <b>Choose 1</b>	-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 March 20	Tuesday March 21	Wednesday March 22	Thursday March 23	Friday March 24
<b>Entrée Choice 1</b>  <b>Option 1:</b>  <b>or</b>  <b>Option 2</b>	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/ 2 Rolls or Beef Nachos w/Cheese Sauce	<b><u>Breakfast for Lunch</u></b> 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
	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin
<b>Vegetable:</b> <b>Choose 1 or 2</b>	-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	-Chef Tossed Salad -Oven Baked French Fries -Fresh Baby Carrots w/Ranch Dip
<b>Fruit:</b> <b>Choose 1 or 2</b>	-Fresh Apple  -Frozen Peach Cup	-Fresh Orange  -100% Fruit Juice	-Chilled Fruit Cup  -Frozen Peach Cup	-Assorted Fruit  -100% Fruit Juice	-Fresh Strawberries  -Frozen Peach Cup
<b>Milk</b> <b>Choose 1</b>	-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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<b>Week 5 Meat/Meat Alt. &amp; Grain</b>	<b>Monday March 27</b>	<b>Tuesday March 28</b>	<b>Wednesday March 29</b>	<b>Thursday March 30</b>	<b>Friday March 31</b>
<b>Entrée Choice 1</b>  <b>Option 1:</b>  <b>Or</b>  <b>Option 2</b>	RPS Burger w./ or w/o Cheese on WG Bun or Big Daddy Pizza	Mac & Cheese with Meatballs & WG Breadstick or Big Daddy Pizza	Chicken Tenders Wrap and Dip or Strawberry or Vanilla Parfait Cup w/ Granola and Muffin	Philly Cheese Steak on WG Sub Roll or Spicy Chicken Sandwich	Big Daddy's Pizza or Parfait w/Granola and Muffin
	Chef Salad w./ Baked Sun Chips & WG Muffin	Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin	-Chef Salad w./ Baked Sun Chips & WG Muffin
<b>Vegetable: Choose 1 or 2</b>	-Carrots with Dip -Oven French Fries	-Seasoned Steamed Broccoli -Fresh Baby Carrots w/Ranch Dip	-Baked Beans -Pickle Spears -Tom/Lettuce Cup	-Oven Baked French Fries -Green Beans -Steamed Broccoli	-Corn on Cob -Spring Mix Salad
<b>Fruit: Choose 1 or 2</b>	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Assorted Fruit -Frozen Peach Cup	-Chilled Fruit Cup -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup
<b>Milk Choose 1</b>	-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

**“This institution is an equal opportunity provider.”**

# *Middle Schools*

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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](mailto:program.intake@usda.gov)