

Pre-K Lunch



*Pre-K School
Lunch Menu
Winter 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
Entree Vegetables Fruit Milk	<ul style="list-style-type: none"> • Pizza Dippers • Marinara Cup • Diced Pears • Unflavored Milk 	Schools Closed Caregiver/Teacher Conferences	<ul style="list-style-type: none"> • Popcorn Chicken • Seasoned Peas • Applesauce Cup • Unflavored Milk 	<ul style="list-style-type: none"> • Corn Dog • Baked Beans • Mixed Fruit • Unflavored Milk 	<ul style="list-style-type: none"> • Big Daddy's Pizza • Seasoned Carrots • Strawberry Cup • Unflavored Milk
<i>Week 2</i>	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
Entree Vegetables Fruit Milk	RPS Closed Diwali	<ul style="list-style-type: none"> • Turkey Taco Meat w/ Tortilla Chips • Black Beans • Mixed Fruit • Unflavored Milk 	<ul style="list-style-type: none"> • Breakfast for Lunch: Chicken & Waffles • Hashbrown Patty • Diced Pears • Unflavored Milk 	• Autumn Holiday Meal	<ul style="list-style-type: none"> • Big Daddy's Pizza • Seasoned Corn • Applesauce Cup • Unflavored Milk
<i>Week 3</i>	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
Entree Vegetables Fruit Milk	<ul style="list-style-type: none"> • Corn Dog Nuggets • Seasoned Peas • Strawberry Cup • Unflavored Milk 	<ul style="list-style-type: none"> • Spaghetti w/ Meatballs • Green Beans • Diced Pears • Unflavored Milk 	**Thanksgiving	Break	RPS Closed**

Additional Daily Entree Options

- Vegetarian options available upon request

Nutrition Bites

- November is National Native American Heritage Month.
- Commemorate National Native American Heritage Month with indigenous foods!
- Try recipes and cooking techniques as we enjoy native ingredients during holiday celebrations that still nourish us today at <https://www.firstnations.org/knowledge-center/recipes/>

Lunch includes:
1 Entree,
1 Vegetable, 1 Fruit,
and 1 Milk

Menu subject to change due to item availability

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
Entree Vegetables Fruit Milk	<ul style="list-style-type: none"> • Pizza Dippers • Marinara Cup • Diced Pears • Unflavored Milk 	<ul style="list-style-type: none"> • Teriyaki Chicken w/Rice • Steamed Broccoli • Applesauce Cup • Unflavored Milk 	<ul style="list-style-type: none"> • Popcorn Chicken • Seasoned Peas • Diced Pears • Unflavored Milk 	<ul style="list-style-type: none"> • Corn Dog • Baked Beans • Strawberry Cup • Unflavored Milk 	<ul style="list-style-type: none"> • Big Daddy's Pizza • Seasoned Carrots • Red Apple • Unflavored Milk
<i>Week 2</i>	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8
Entree Vegetables Fruit Milk	<ul style="list-style-type: none"> • Crispy Chicken Sandwich • Steamed Broccoli • Mixed Fruit • Unflavored Milk 	<ul style="list-style-type: none"> • Turkey Taco Meat w/ Tortilla Chips • Black Beans • Applesauce Cup • Unflavored Milk 	<ul style="list-style-type: none"> • Breakfast for Lunch: Chicken & Waffles • Hashbrown Patty • Diced Pears • Unflavored Milk 	<ul style="list-style-type: none"> • RPS Burger • Seasoned Carrots • Strawberry Cup • Unflavored Milk 	<ul style="list-style-type: none"> • Big Daddy's Pizza • Seasoned Corn • Banana • Unflavored Milk
<i>Week 3</i>	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
Entree Vegetables Fruit Milk	<ul style="list-style-type: none"> • Corn Dog Nuggets • Baked Beans • Apple Slices • Unflavored Milk 	<ul style="list-style-type: none"> • Teriyaki Chicken Dumplings • Seasoned Carrots • Diced Pears • Unflavored Milk 	<ul style="list-style-type: none"> • Spaghetti w/ Meatballs • Green Beans • Mixed Fruit • Unflavored Milk 	<ul style="list-style-type: none"> • Chicken Nuggets • Steamed Broccoli • Applesauce Cup • Unflavored Milk 	<ul style="list-style-type: none"> • Big Daddy's Pizza • Seasoned Corn • Orange • Unflavored Milk

Additional Daily Entree Options

- Vegetarian options available upon request

Nutrition Bites

- December 1st is Eat a Red Apple Day
- The Dietary Guidelines for Americans recommends two cups of fruit per day as a part of a healthy diet.
- A medium raw, 3-inch apple is low in calories and contains vitamin C, potassium and 4.4 grams of dietary fiber if eaten with the skin

Lunch includes:

1 Entree,
1 Vegetable, 1 Fruit,
and 1 Milk

Menu subject to change due to item availability