

High Schools

2023

Week 1 Meat/Meat Alt. & Grain	Monday	Tuesday	Wednesday March 1	Thursday March 2	Friday March 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
			-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	
Vegetable: Choose 1 or 2					
Fruit: Choose 1 or 2					
Milk Choose 1					

***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
Meat/Meat Alt. & Grain					
Entrée Choice 1	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	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks or Hot Dog on a Bun or Corn Dog	
Option 1:					
Or					
Option 2:	-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	
Vegetable: Choose 1 or 2	-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	
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	
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	

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Week 3 Meat/Meat Alt. & Grain	Monday March 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17 St. Patrick's Day
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 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
Vegetable: Choose 1 or 2	-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
Fruit: Choose 1 or 2	-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
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 March 20	Tuesday March 21	Wednesday March 22	Thursday March 23	Friday March 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/ 2 Rolls 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
	-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
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	-Chef 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	-Assorted Fruit -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 March 27	Tuesday March 28	Wednesday March 29	Thursday March 30	Friday March 31
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	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
Vegetable: Choose 1 or 2	-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
Fruit: Choose 1 or 2	-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
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

"This institution is an equal opportunity provider."

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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