

Elementary

2023

Week 1 Meat/Meat Alt. & Grain	Monday January 2	Tuesday January 3	Wednesday January 4	Thursday January 5	Friday January 6
Entrée Choice 1 Option 1: or Option 2:	RPS Burger w./ or w/o Cheese on WG Bun	Penne Pasta with Meat Sauce & WG Breadstick	Chicken Tenders Wrap and Dip	Corn Dogs	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	-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 Garden Salad	-Black Beans Fiesta - Pickle Spears/Tom/Lettuce Cup	- Corn -Broccoli	- Seasoned Broccoli - Toss Garden Salad
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-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	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

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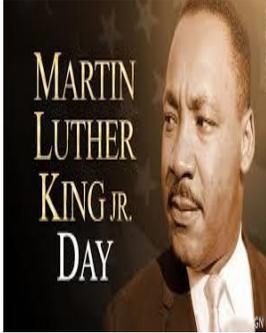
2023

Week 2	Monday January 9	Tuesday January 10	Wednesday January 11	Thursday January 12	Friday January 13
Meat/Meat Alt. & Grain					
Entrée Choice 1	Chicken Patty on WG Bun	RPS Burger w./ or w/o Cheese on WG Bun	Philly Cheese Steak on WG Sub Roll	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
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	--Chef Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	-Fresh Broccoli w/Dip -Oven Baked Fries	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	Mashed Potatoes Green Beans Baby Carrots	-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 -100% Fruit Juice	-Fresh Orange Chilled Fruit Cup	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 January 16	Tuesday January 17	Wednesday January 18	Thursday January 19	Friday January 20
Entrée Choice 1 Option 1: or Option 2:	<p>RPS Closed</p> 	Penne Pasta with Meat Sauce & WG Breadstick	Chicken Tenders Wrap and Dip	Corn Dogs	Big Daddy's Pizza
		--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
-Seasoned Broccoli -Toss Garden Salad		-Black Beans Fiesta - Pickle Spears/Tom/Lettuce Cup	- Baby Carrots w/Dip -Broccoli	Corn on Cob Spring Mix Salad	
-Fresh Orange -100% Fruit Juice		-Fresh Watermelon -Frozen Peach Cup	-Chilled Fruit Cup -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup	
-LF White -FF Chocolate -FF Skim		-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					

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Week 4	Monday January 23	Tuesday January 24	Wednesday January 25	Thursday January 26	Friday January 27
Meat/Meat Alt. & Grain	Chicken Patty on WG Bun	RPS Burger w./ or w/o Cheese on WG Bun	Philly Cheese Steak on WG Sub Roll	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
Entrée Choice 1					
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	-Chef Salad w./ Baked Sun Chips & WG Muffin
Vegetable: Choose 1 or 2	-Green Peas -Oven Baked Fries	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	-Mashed Potatoes -Green Beans -Baby Carrots	-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 -100% Fruit Juice	-Fresh Orange -Chilled Fruit Cup	-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 January 30	Tuesday January 31
Entrée Choice 1 Option 1: or Option 2:	RPS Burger w./ or w/o Cheese on WG Bun	Penne Pasta with Meat Sauce & WG Breadstick
	-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 Garden Salad
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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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

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