

# High Schools

2023

<b>Week 1</b> <b>Meat/Meat Alt. &amp; Grain</b>	<b>Monday</b> <b>January 2</b>	<b>Tuesday</b> <b>January 3</b>	<b>Wednesday</b> <b>January 4</b>	<b>Thursday</b> <b>January 5</b>	<b>Friday</b> <b>January 6</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	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	-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	-Green Beans -Toss Garden Salad - Cinnamon Baked Apples	-Corn on Cob -Pickle Spears -Seasoned Green Beans	- Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip	- Seasoned Broccoli - Toss Garden Salad
<b>Fruit:</b> <b>Choose 1 or 2</b>	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Applesauce -100% Fruit Juice	- Fresh Orange -100% Fruit Juice
<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

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


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Week 2	Monday January 9	Tuesday January 10	Wednesday January 11	Thursday January 12	Friday January 13
Meat/Meat Alt. & Grain					
Entrée Choice 1	RPS Burger w./ or w/o Cheese on WG Bun or Chicken Patty Sandwich	Mac & Cheese with Meatballs & WG Breadstick or Big Daddy Pizza	Beef Nachos w/Cheese Sauce or Oven Baked Chicken w/Roll	<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  Chicken Tenders w/Roll
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	-Baked Beans  -Pickle Spears  Tom/Lettuce Cup	-Seasoned Green Beans  -Fresh Baby Carrots w./ LF Ranch Dip  -Toss Garden Salad	-Seasoned Broccoli  -Baby Carrots  -Black Beans	-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 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> <p>MARTIN LUTHER KING JR. Day</p> 	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
		-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		-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 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

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<b>Week 4</b> <b>Meat/Meat Alt. &amp; Grain</b>	<b>Monday</b> <b>January 23</b>	<b>Tuesday</b> <b>January 24</b>	<b>Wednesday</b> <b>January 25</b>	<b>Thursday</b> <b>January 26</b>	<b>Friday</b> <b>January 27</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 Chicken Patty Sandwich	Mac & Cheese with Meatballs & WG Breadstick or Big Daddy Pizza	Oven Baked Chicken w/Roll 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	-Garden 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	-Fresh Fruit in Season  -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</b> <b>Meat/Meat Alt. &amp; Grain</b>	<b>Monday</b> <b>January 30</b>	<b>Tuesday</b> <b>January 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	
	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 French Fries	-Seasoned Steamed Broccoli -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	
<b>Milk</b> <b>Choose 1</b>	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	

# *High 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)

This institution is an equal opportunity provider.