

# High Schools

2023

<b>Week 1</b> <b>Meat/Meat Alt. &amp; Grain</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b> <b>February 1</b>	<b>Thursday</b> <b>February 2</b>	<b>Friday</b> <b>February 3</b>
<b>Entrée Choice 1</b>  <b>Option 1:</b>  <b>or</b>  <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
			-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w/Baked Sun Chips & WG Muffin
<b>Vegetable:</b> <b>Choose 1 or 2</b>			-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 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

# High Schools

# 2023

<b>Week 2</b>	<b>Monday February 6</b>	<b>Tuesday February 7</b>	<b>Wednesday February 8</b>	<b>Thursday February 9</b>	<b>Friday February 10</b>
<b>Meat/Meat Alt. &amp; Grain</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	<b><u>Black History Meal</u></b> Oven Baked Chicken Dinner Roll <b><u>Dessert</u></b> Assorted Ice Cream Cups	<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
	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden 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  -Toss Garden Salad	Mashed Potatoes Collard Green Macaroni & Cheese	-Hash Brown Potato Patty -Fresh Baby Carrots w./ LF Ranch Dip	-Seasoned Corn  -Grape Tomato & Cucumber Cup 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	-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

# High Schools

2023

<b>Week 3</b> <b>Meat/Meat Alt. &amp; Grain</b>	<b>Monday</b> <b>February 13</b>	<b>Tuesday</b> <b>February 14</b>	<b>Wednesday</b> <b>February 15</b>	<b>Thursday</b> <b>February 16</b>	<b>Friday</b> <b>February 17</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 Spicy Chicken Sandwich	Big Daddy's Pizza or Parfait w/Granola or Muffin
	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden 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 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
<b>Fruit:</b> <b>Choose 1 or 2</b>	-Fresh Apple  -Frozen Peach Cup	-Fresh Orange  -100% Fruit Juice	-Fresh Watermelon  -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

# High Schools

2023

<b>Week 4</b> <b>Meat/Meat Alt. &amp; Grain</b>	<b>Monday</b> <b>February 20</b>	<b>Tuesday</b> <b>February 21</b>	<b>Wednesday</b> <b>February 22</b>	<b>Thursday</b> <b>February 23</b>	<b>Friday</b> <b>February 24</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
	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden 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



# High Schools

2023

accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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.