

Week 1 Meat/Meat Alt. & Grain	Monday August 29, 2022	Tuesday August 30, 2022	Wednesday August 31, 2022	Thursday September 1, 2022	Friday September 2, 2022
Entrée Choose 1 Option 1: <u>or</u> Option 2: <u>or</u> Option 3 & 4	RPS Burger w./ or w/o Cheese on WG Bun	Spaghetti w. Meat Sauce & WG Breadstick	Beef Hotdog w. / WG Bun	Beef and Cheese Nachos	<h1>Schools closed</h1>
	-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	
	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	
Vegetable: Choose 1 or 2	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	-Seasoned Broccoli -Toss Garden Salad	-Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip	-Fiesta Corn -Shredded Lettuce, Cheese, & Salsa	
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Fresh Pear -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	

August 26, 2022

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Middle

School Lunch 2022

RPS STUDENT
NUTRITION
SERVICES

Week 2 Meat/Meat Alt. & Grain	Monday September 5, 2022	Tuesday September 6, 2022	Wednesday September 7, 2022	Thursday September 8, 2022	Friday September 9, 2022
Entrée Choose 1 Option 1: or Option 2: or Option 3 & 4		Mac & Cheese with Meatballs & WG Breadstick	Beef Taco w/ Soft Shell	<u>Breakfast for Lunch</u> Turkey Sausage & French Toast Sticks	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
		-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun
		-Seasoned Broccoli -Toss Garden Salad	-Black Bean Fiesta -Shredded Lettuce, Cheese, & Salsa	-Hash Brown Potato Patty -Fresh Baby Carrots w./ LF Ranch Dip	-Seasoned Corn -Grape Tomato & Cucumber Cup w/ LF Ranch Dip
		-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Fresh Pear -100% Fruit Juice	-Fresh Strawberries -Frozen Peach Cup
Vegetable: Choose 1 or 2					
Fruit: Choose 1 or 2					
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

August 26, 2022

Middle



Week 3 Meat/Meat Alt. & Grain	Monday September 12, 2022	Tuesday September 13, 2022	Wednesday September 14, 2022	Thursday September 15, 2022	Friday September 16, 2022
Entrée Choose 1 Option 1: <u>or</u> Option 2: <u>or</u> Option 3 & 4	RPS Burger w./ or w/o Cheese on WG Bun	Penne Pasta with Meat Sauce & WG Breadstick	Chicken Tenders Wrap and Dip	Philly Cheese Steak on WG Bun	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	-Chef Salad w./ Baked Sun Chips & WG Muffin
	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun
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	-Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip	- Corn on Cob -Spring Mix Salad
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Fresh Pear -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 September 19, 2022	Tuesday September 20, 2022	Wednesday September 21, 2022	Thursday September 22, 2022	Friday September 23, 2022
Entrée Choose 1	RPS Burger w./ or w/o Cheese on WG Bun	Meatballs w/ Brown Gravy over Rice w./ WG Breadstick	Chicken Fajita Wrap	Corn Dogs	Big Daddy's Pizza
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
or					
Option 3 & 4	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza
Vegetable: Choose 1 or 2	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	-Seasoned Broccoli -Toss Garden Salad	-Black Bean Fiesta -Shredded Lettuce, Cheese & Salsa	-Oven Baked Fries -Baby Carrots with Ranch Dip	-Steam Corn -Cherry Tomatoes & Cucumber Cup with Ranch Dip
Fruit: Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Fresh Pear -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 September 26, 2022	Tuesday September 27, 2022	Wednesday September 28, 2022	Thursday September 29, 2022	Friday September 30, 2022
Entrée Choose 1 Option 1: <u>or</u> Option 2: <u>or</u> Option 3 & 4	RPS Burger w./ or w/o Cheese on WG Bun	Spaghetti w. Meat Sauce & WG Breadstick	Philly Cheese Steak on WG Sub Roll	Beef and Cheese Nachos	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	-Chef Salad w./ Baked Sun Chips & WG Muffin
	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun or -Big Daddy Pizza	-Spicy or Regular Chicken Patty on Bun
Vegetable: Choose 1 or 2	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	-Seasoned Broccoli -Toss Garden Salad	-Oven Baked Fries -Fresh Baby Carrots w./ LF Ranch Dip	-Fiesta Corn -Shredded Lettuce, Cheese & Salsa	-Green Peas -Garden Salad Mix
Fruit: Choose 1 Choose 1 or 2	-Fresh Apple -Frozen Peach Cup	-Fresh Orange -100% Fruit Juice	-Fresh Watermelon -Frozen Peach Cup	-Fresh Pear -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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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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