

Pre-K Center Lunch Menu 2023

Week 1	Monday	Tuesday	Wednesday February 1, 2023	Thursday February 2, 2023	Friday February 3, 2023
Meat/Meat Alt. & Grain			Chicken Tenders with Ranch Dip	Beef and Chees Nachos	Pizza
Vegetable:			-Seasoned Broccoli	-Seasoned Corn	-Fresh Baby Carrots w./ LF Ranch Dip
Fruit:			-Frozen Peach Cup	-Fresh Strawberries	-100% Fruit Juice
Milk			Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

Week 2	February 6, 2023	February 7, 2023	February 8, 2023	February 9, 2023	February 10, 2023
Meat/Meat Alt. & Grain	RPS Hamburger on WG Bun	Meatballs with Brown Gravy over Rice	Oven Baked Chicken Dinner Roll <u>Dessert</u> Ice Cream Cups	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
Vegetable:	-Baked Beans	-Toss Garden Salad	-Mashed Potatoes Collard Green Macaroni & Cheese	-Hash Brown Potato Patty	-Seasoned Corn
Fruit:	-Frozen Peach Cup	-100% Fruit Juice	-Fresh Watermelon	Seasoned Fruit	-100% Fruit Juice
Milk:	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

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Week 3	Monday February 13, 2023	Tuesday February 14, 2023	Wednesday February 15, 2023	Thursday February 16, 2023	Friday February 17, 2023
Meat/Meat Alt. & Grain	RPS Cheese Burger w/ WG Bun	Penne Pasta with Meat Sauce & WG Breadstick	Chicken Tenders with Ranch Dip	Philly Cheese Steak	Pizza
Vegetable:	-Baked Beans	-Toss Garden Salad	-Seasoned Broccoli	- Chef Salad w./ Baked Sun Chips & WG Muffin	-Corn on Cob
Fruit:	-Fresh Apple Slices	-100% Fruit Juice	-Frozen Peach Cup	Mashed Potatoes Green Beans Baby Carrots	-Fresh Strawberries
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
Week 4	February 20, 2023	February 21, 2023	February 22, 2023	February 23, 2023	February 24, 2023
Meat/Meat Alt. & Grain	RPS Hamburger on WG Bun	Meatballs with Brown Gravy over Rice	Beef Taco w/ Soft Shell Cheese & Salsa	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
Vegetable:	-Baked Beans	-Toss Garden Salad	-Black Bean Fiesta	-Hash Brown Potato Patty	-Seasoned Corn
Fruit:	-Fresh Apple Slices	-100% Fruit Juice	-Fresh Watermelon	Seasoned Fruit	-100% Fruit Juice
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim

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Week 5	Monday February 27, 2023	Tuesday February 28, 2023
Meat/Meat Alt. & Grain	RPS Cheese Burger w/ WG Bun	Penne Pasta with Meat Sauce & WG Breadstick
Vegetable:	-Baked Beans	-Toss Garden Salad
Fruit:	-Fresh Apple Slices	-100% Fruit Juice
Milk	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim



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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

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