

# Pre-K Center Lunch Menu 2023

Week 1	Monday	Tuesday	Wednesday March 1, 2023	Thursday March 2, 2023	Friday March 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	March 6, 2023	March 7, 2023	March 8, 2023	March 9, 2023	March 10, 2023
Meat/Meat Alt. & Grain	RPS Hamburger on WG Bun	Meatballs with Brown Gravy over Rice	Oven Baked Chicken Dinner Roll	<u>Breakfast for Lunch</u> Turkey Sausage French Toast Sticks	
Vegetable:	-Baked Beans	-Toss Garden Salad	-Collard Green Macaroni & Cheese	-Hash Brown Potato Patty	
Fruit:	-Frozen Peach Cup	-100% Fruit Juice	-Assorted Fruit	-Seasoned Fruit	
Milk:	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	Low Fat White Unflavored Skim	

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

<b>Week 5</b>	<b>Monday</b> March 27, 2023	<b>Tuesday</b> March 28, 2023	<b>Wednesday</b> March 29, 2023	<b>Thursday</b> March 30, 2023	<b>Friday</b> March 31, 2023
<b>Meat/Meat Alt. &amp; Grain</b>	RPS Cheese Burger w/ WG Bun	Penne Pasta with Meat Sauce & WG Breadstick	Chicken Tenders with Ranch Dip	Philly Cheese Steak	Pizza
<b>Vegetable:</b>	-Baked Beans	-Toss Garden Salad	-Seasoned Broccoli	- Chef Salad w./ Baked Sun Chips & WG Muffin	-Corn on Cob
<b>Fruit:</b>	-Fresh Apple Slices	-100% Fruit Juice	-Frozen Peach Cup	-Green Beans -Baby Carrots	-Fresh Strawberries
<b>Milk</b>	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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In 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, audiotope, 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:

- mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
- fax:**  
(833) 256-1665 or (202) 690-7442; or
- email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

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