

# Elementary

2023

<b>Week 1</b> Meat/Meat Alt. & Grain	Monday	Tuesday	Wednesday February 1	Thursday February 2	Friday February 3
<b>Entrée Choice 1</b>  Option 1: or Option 2:			Chicken Tenders Wrap and Dip	Corn Dogs	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> Choose 1 or 2			-Black Beans Fiesta  - Pickle Spears/Tom/Lettuce Cup	- Corn  -Broccoli	- Seasoned Broccoli  - Toss Garden Salad
<b>Fruit:</b> Choose 1 or 2			-Fresh Watermelon  -Frozen Peach Cup	Applesauce  -100% Fruit Juice	- Fresh Orange  -100% Fruit Juice
<b>Milk</b> Choose 1			-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

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<b>Week 2</b>	<b>Monday February 6</b>	<b>Tuesday February 7</b>	<b>Wednesday February 8 Black History Meal</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: or Option 2:</b>	Chicken Patty on WG Bun	RPS Burger w./ or w/o Cheese on WG Bun	Oven Baked Chicken Dinner Roll <u>Dessert</u> Assorted Ice Cream Cups	<b><u>Breakfast for Lunch</u></b> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
	--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>	-Fresh Broccoli w/Dip -Oven Baked Fries	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	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 -100% Fruit Juice	-Fresh Orange Chilled Fruit Cup	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

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<b>Week 3</b> Meat/Meat Alt. & Grain	<b>Monday</b> February 13	<b>Tuesday</b> February 14	<b>Wednesday</b> February 15	<b>Thursday</b> February 16	<b>Friday</b> February 17
<b>Entrée Choice 1</b>  <b>Option 1:</b> or <b>Option 2:</b>	RPS Burger w./ or w/o Cheese on WG Bun	Penne Pasta with Meat Sauce & WG Breadstick	Chicken Tenders Wrap and Dip	Corn Dogs	Big Daddy's Pizza
	-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	-Black Beans Fiesta - Pickle Spears/Tom/Lettuce Cup	- Baby Carrots w/Dip  -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

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<b>Week 4</b>	<b>Monday February 20</b>	<b>Tuesday February 21</b>	<b>Wednesday February 22</b>	<b>Thursday February 23</b>	<b>Friday February 24</b>
<b>Meat/Meat Alt. &amp; Grain</b>					
<b>Entrée Choice 1</b>	Chicken Patty on WG Bun	RPS Burger w./ or w/o Cheese on WG Bun	Philly Cheese Steak on WG Sub Roll	<b><u>Breakfast for Lunch</u></b> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
<b>Option 1: or Option 2:</b>	-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>	-Green Peas -Oven Baked Fries	-Baked Beans -Pickle Spears/Tom/Lettuce Cup	-Mashed Potatoes -Green Beans -Baby Carrots	-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 -100% Fruit Juice	-Fresh Orange -Chilled Fruit Cup	-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

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<b>Week 5</b> Meat/Meat Alt. & Grain	<b>Monday</b> February 27	<b>Tuesday</b> February 28	<p><b>*Available upon Request Daily.</b>  <b>-Skim and Lactaid Milk</b>  <b>-Hummus with Veggies and Crackers</b>  <b>-Vegetarian Chicken Nuggets</b></p>
<b>Entrée Choice 1</b>  <b>Option 1:</b> or <b>Option 2:</b>	RPS Burger w./ or w/o Cheese on WG Bun	Penne Pasta with Meat Sauce & WG Breadstick	
	-Garden Salad w./ Baked Sun Chips & WG Muffin	-Garden Salad w./ Baked Sun Chips & WG Muffin	
<b>Daily Vegetable:</b> Choose 1 or 2	-Baked Beans  -Pickle Spears/Tom/Lettuce Cup	-Seasoned Broccoli  -Toss Garden Salad	
<b>Fruit:</b> Choose 1 or 2	-Fresh Apple  -Frozen Peach Cup	-Fresh Orange  -100% Fruit Juice	
<b>Milk</b> Choose 1	-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](mailto:program.intake@usda.gov)

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