

# Pre-K Center Lunch Menu 2022

Week 1	Monday	Tuesday	Wednesday	Thursday December 1, 2022	Friday December 1, 2022
Meat/Meat Alt. & Grain	 <p>Happy Holidays!</p>			Beef and Chees Nachos	Pizza
Vegetable:				-Seasoned Corn	-Fresh Baby Carrots w./ LF Ranch Dip
Fruit:				-Fresh Strawberries	-100% Fruit Juice
Milk				Low Fat White Unflavored Skim	Low Fat White Unflavored Skim
Week 2	December 5, 2022	December 6, 2022	December 7, 2022	December 8, 2022	December 9, 2022
Meat/Meat Alt. & Grain	RPS Hamburger on WG Bun	Meatballs with Brown Gravy over Rice	Oven Baked Chicken w/ Stuffing/ Gravy/ Rolls	<b><u>Breakfast for Lunch</u></b> Turkey Sausage French Toast Sticks	Pizza Dippers w./ Marinara Dipping Sauce
Vegetable:	-Baked Beans	-Toss Garden Salad	- Mashed Potatoes	-Hash Brown Potato Patty	-Seasoned Corn
Fruit:	-Frozen Peach Cup	-100% Fruit Juice	-Fresh Watermelon	Apple Slices	-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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<b>Week 3</b>	<b>Monday</b> December 12, 2022	<b>Tuesday</b> December 13, 2022	<b>Wednesday</b> December 14, 2022	<b>Thursday</b> December 15, 2022	<b>Friday</b> December 16, 2022
<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	Corndog	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	-French Fries	-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>December 19, 2022</b>	<b>December 20, 2022</b>	<b>December 21, 2022</b>	<b>December 22, 2022</b>	<b>December 23, 2022</b>
	<b>December 26, 2022</b>	<b>December 27, 2022</b>	<b>December 28, 2022</b>	<b>December 29, 2022</b>	<b>December 30, 2022</b>
					

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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, 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)

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