

Pre-K School Lunch Menu April -May 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	April 10	April 11	April 12	April 13	April 14
Meat, Meat Alt. & Grain (Choose 1)	Chicken Patty on WG Bun Yogurt Cup/String Cheese w/ Sun Chips & WG Muffin	Vegetarian Spaghetti w/Breadstick Yogurt Cup/String Cheese w/Sun Chips & WG Muffin Vegetarian Spaghetti w/Breadstick V	RPS Burger w or w/o Cheese on WG Bun Yogurt Cup/String Cheese w/Sun Chips & WG Muffin	Breakfast for Lunch Turkey Sausage French Toast Sticks Yogurt Cup/String Cheese w/Sun Chips & WG Muffin	Pizza Dippers w/Marinara Dipping Sauce Yogurt Cup/String Cheese w/Sun Chips & WG Muffin
Vegetable (Choose 1-2)	Green Beans Oven Baked Fries	Broccoli Spring Salad Mix	Baked Beans Pickle Spears/Tomato/Lettuce Cup	Hash Brown Potato Patty Fresh Baby Carrots w/LF Ranch Dip	Corn Tossed Salad
Fruit (Choose 1)	Fresh Apple100% Fruit Juice	Fresh Fruit Chilled Fruit Cup	Fresh Orange Frozen Peach Cup	Fresh Fruit in Season100% Fruit Juice	Fresh OrangeApplesauce
Week 3	April 17	April 18	April 19	April 20	April 21
Meat, Meat Alt. & Grain (Choose 1)	RPS Burger w or w/o Cheese on WG Bun Yogurt Cup/String Cheese w/Sun Chips & WG Muffin	Oven Roasted Chicken w/Roll Yogurt Cup/String Cheese w/Sun Chips & WG Muffin	Chicken Tenders w/WG Dinner Roll Yogurt Cup/String Cheese w/Sun Chips & WG Muffin	Corn Dogs Yogurt Cup/String Cheese w/Sun Chips & WG Muffin	Big Daddy's Pizza Yogurt Cup/String Cheese w/Sun Chips & WG Muffin
Vegetable (Choose 1-2)	Baked Beans Pickle Spears/Tomato/Lettuce Cup	Green Beans Mashed Potatoes	Seasoned Fries Pickle Spears/Tomato/Lettuce Cup	Baby Carrots w/Dip Seasoned Broccoli	Corn on the Cob Spring Mix Salad
Fruit (Choose 1)	Fresh AppleFrozen Peach Cup	Fresh Orange100% Fruit Juice	Assorted Fruit Frozen Peach Cup	Chilled Fruit Cup 100% Fruit Juice	Fresh Fruit in Season Frozen Peach Cup
Week 4	April 24	April 25	April 26	April 27	April 28
Meat, Meat Alt. & Grain (Choose 1)	Chicken Patty Yogurt Cup/String Cheese w/ Sun Chips & WG Muffin	RPS Burger w/ or w/o Cheese on WG Bun Yogurt Cup/String Cheese w/Sun Chips & WG Muffin	Teriyaki Baked Chicken w/Rice Yogurt Cup/String Cheese w/Sun Chips & WG Muffin	Seasoned Beef & Cheese Yogurt Cup/String Cheese w/Sun Chips & WG Muffin	Big Daddy's Pizza Yogurt Cup/String Cheese w/Sun Chips & WG Muffin
Vegetable (Choose 1-2)	Broccoli Oven Baked Fries	Baked Beans Pickle Spears/Tomato/Lettuce Cup	Green Beans Fresh Baby Carrots w/LF Ranch Dip	Blackbeans w/Corn Fresh Tossed Salad	Seasoned Corn Fresh Baby Carrots w/LF Ranch Dip
Fruit (Choose 1)	Fresh Apple100% Fruit Juice	Fresh Orange Chilled Fruit Cup	Chilled Fruit Cup Frozen Peach Cup	Fresh Fruit in Season100% Fruit Juice	Applesauce Frozen Peach Cup
Milk (Choose 1 per meal)		LF White LF Chocolate FF Skim		USDA Nondiscrimination Statement: <u>ryaschools.net/students-families/meal-distribution</u>	