## aces

## What's on the Menu?

## Mill June Lunch Menu

| CHOOSE AT ATLEAST 3 INCLUING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL   | Staff Price \$4.35   |  |   |   |  |  |
|--|--|--|---|---|--|--|
| 1 cup of Garden Salad % Cup Herb Basted Polatoles   Week 1 : 1) Hot 2) Muffin Fun Lunch Image: Comparison of Comparison  | Monday   |  | Wednesday   | Thursday                                    | Friday   |  |
| Italian Beef Meatball Sub<br>Welfer Friesh<br>Welfer Friesh<br>W |  |  |   |   |  |  |
| Italian Beef Meatball Sub<br>Welfer Friesh<br>Welfer Friesh<br>W |  |  |   | <b>) (</b>                                  |  |  |
| Weiger Structure Beer Tacos Chicken Nuggets Classic Checken Pizza Cl   |  | Week   | 1 :1) Hot 2) Muffin Fun   | Lunch                                       |  |  |
| 12<br>Philly Steak and Cheese<br>Sandwich<br>% Cup of Steamed Cheesy<br>Salsa and Sour Cream<br>Presh Direct Jonatos<br>Salsa and Sour Cream<br>% Cup Oven Baked Crispy<br>Salsa and Sour Cream<br>% Cup Oven Baked Frispy<br>Salsa and Sour Cream<br>% Cup Golden<br>% Cup Salsa and Sour Cream<br>% Cup Salsa and Sour Cream<br>% Cup Salsa and Sour Cream<br>% Cup Golden<br>% Steamed Corn<br>% Source Frisp Frisp<br>Salsa and Sour Cream<br>% Cup Salsa and Sour Cream<br>% Cup Salsa and Sour Cream<br>% Cup Salsa and Sour Cream<br>% Sup Golden<br>% Source Frisp Frisp<br>Salsa and Sour Cream<br>% Sup Golden<br>% Source Frisp Frisp<br>Salsa and Sour Cream<br>% Sup Golden<br>% Source Frisp Frisp<br>Salsa and Sour Cream<br>% Source Frisp Frisp<br>Salsa and Source Frisp Frisp<br>Salsource Frisp Frisp Salsa<br>Salsa And Frisp Fr   | Italian Beef Meatball Sub<br>½ Cup Oven Baked Crispy<br>Waffle Fries                   | Beef Tacos<br>Shredded Lettuce<br>Fresh Diced Tomatoes<br>Shredded Cheddar<br>Salsa and Sour Cream | 1/2 Cup Steamed Green Beans   |   | <sup>1</sup> / <sub>2</sub> Cup Steamed<br>Corn on the Cobb                  |  |
| Philly Steak and Cheese<br>Braccoli (See Price Direct Tomators)<br>Braccoli (Braccoli (Braccoli (Braccoli (Braccoli (Braccoli (Braccoli (Braccoli (Braccoli (Braccoli (Brac  |  |  |   |   |  |  |
| 19 20   Cheese Quesadilis Salisa and Sour Cream<br>% Cup Golden<br>Steamed Corn   Seamed Corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construction of the seamed corn Image: Construction of the seamed corn   Image: Construct of the seamed corn Image: Construction of the seamed corn   Image: Construct of the seamed corn Image: Construct of the seamed corn   Image: Construct of the seamed corn Image: Construct of the seamed corn  | Philly Steak and Cheese<br>Sandwich<br>½ Cup of Steamed Cheezy                         | Beef Nachos<br>Shredded Romaine<br>Fresh Diced Tomatoes<br>Salsa and Sour Cream                    | Whole Grain Crispy Chicken<br>Tenders<br>½ Cup Oven Baked Crispy<br>Seasoned Fries<br>1 Whole Grain Dinner Roll | Pepperoni Pizza<br>1 Cup Caesar Salad       | Mashed Potato and Chicken<br>Bowl with Shredded Cheddar<br>and Chicken Gravy |  |
| JUNETEENTH Scup Golden   Staas and Sour Cream Scup Golden   Stamed Corn Image: Science Control   Image: Science Control Image: Science Control   Image: Science Contrene Control Image: Science Contr  | 10   |  | : 3: 1) Hot 2) Nacho Fun  | Lunch                                       |  |  |
| Fresh Fruit and Vegetable Bar (Available Daily)   Sliced Cucumber<br>Fresh Carrots   Assorted Fresh Fruit (LG)<br>Assorted Fresh Fruit (LG)   Assorted Fresh Fruit (LG)  |  | Cheese Quesadilla<br>Salsa and Sour Cream<br>½ Cup Golden  | SCHOOL S<br>OUT IV<br>2 TO THE STANKED  |   |  |  |
| Sliced Cucumber<br>Fresh Carrots<br>Assorted Fresh Grape Tomatoes<br>Assorted Fresh Grape Tomatoes<br>Assorted Fresh Fruit (LG)<br>Assorted Chilled Fruit<br>Wisit:<br>isit aces.nutrislice.com to see<br>Visit:<br>Classic Potato Salad<br>Fresh Celery<br>Assorted Fresh Fruit (LG)<br>Assorted Chilled Fruit<br>THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND<br>MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY,<br>FAT FREE CHOCOLATE.<br>CHOOSE AT ATLEAST 3 INCLUING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL   |  | Week 4: 1) Hot 2) Chi  | ken Caesar Salad with T   | wo Warm Dinner Rolls                        |  |  |
| Sliced Cucumber<br>Fresh Carrots<br>Assorted Fresh Grape Tomatoes<br>Assorted Fresh Grape Tomatoes<br>Assorted Fresh Fruit (LG)<br>Assorted Chilled Fruit<br>Wisit:<br>isit aces.nutrislice.com to see<br>Visit:<br>Classic Potato Salad<br>Fresh Celery<br>Assorted Fresh Fruit (LG)<br>Assorted Chilled Fruit<br>THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, FRUIT, VEGETABLE AND<br>MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY,<br>FAT FREE CHOCOLATE.<br>CHOOSE AT ATLEAST 3 INCLUING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL   |  |  |   |   |  |  |
| Fresh Carrots Fresh Grape Tomatoes Fresh Celery Garbanzo Beans Power Peas   Assorted Fresh Fruit (LG)   Assorted Chilled Fruit   Assorted Chilled Fruit MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY, MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY, Vegetarian   Fat FREE CHOCOLATE. CHOOSE AT ATLEAST 3 INCLUNG : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL Vegetarian  |  |  |   | ible Daily)                                 |  |  |
| Visit: MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY,<br>isit aces.nutrislice.com to see<br>CHOOSE AT ATLEAST 3 INCLUING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL  | Fresh Carrots<br>Assorted Fresh Fruit (LG)<br>Assorted Chilled Fruit                   | Fresh Grape Tomatoes<br>Assorted Fresh Fruit (LG)  | Fresh Celery<br>Assorted Fresh Fruit (LG)<br>Assorted Chilled Fruit   | Garbanzo Beans<br>Assorted Fresh Fruit (LG) | Power Peas<br>Assorted Fresh Fruit (LG)                                      |  |
| CHOOSE AT ATLEAST 3 INCLUING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL   | Visit: MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE STRAWBERRRY, Vegetarian            |  |   |   |  |  |
| uspa is an equal opportunity employer and provider. COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!  | isit aces.nutrislice.com to see<br>your menu!<br>USDA is an equal opportunity employer |  | ING : 1/2 CUP OF FRUIT OR VEGET   |   |  |  |