



What's on the Menu?



Bridge January Lunch Menu

Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
5 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots Gluten free bun	6 	7 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun	8 Pepperoni Pizza 1 Cup Garden Salad Gluten free dough	9 Barbecue Rib Sandwich ½ Cup of Savory Green Beans Gluten free bun
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
12 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll Gluten free pasta	13 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips	14 Italian Meatball Sub ½ Cup Steamed Broccoli Gluten free bun	15 Classic Cheese Pizza ½ Cup Steamed Baby Carrots Gluten free dough	16 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
19 	20 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips	21 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun	22 Pepperoni Pizza 1 Cup Steamed Broccoli Gluten free dough	23 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll Gluten free pasta
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable				
26 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans Gluten free bun and unbreaded chicken	27 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	28 Classic Cheeseburger ½ Cup Oven Baked Fries Gluten free bun	29 Classic Cheese Pizza 1 Cup Caesar Salad Gluten free dough	30 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten free bun
Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables				
Fresh Fruit and Vegetable Bar (Available Daily)				
Fresh Sliced Cucumber Fresh Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit	Fresh Pepper Strips Fresh Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Fresh Caesar Salad German Potato Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Broccoli Fresh Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit	Green Peas Fresh Celery Sticks Fresh Whole Fruit Assorted Chilled Fruit



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE WHITE AND FAT FREE CHOCOLATE.

CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!



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