



# What's on the Menu?

## Bridge November Lunch Menu

**aces**  
area cooperative educational services

**Staff Price \$5.45**

| Monday                                                                                                                        |  | Wednesday                                                                                                                                |  | Thursday                                                                                                                    |  | Friday                                                                                                                   |  |
|-------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------|--|
|                                                                                                                               |  |                                                                                                                                          |  |                                                                                                                             |  |                                                                                                                          |  |
|                                                                                                                               |  |                                                                                                                                          |  |                                                                                                                             |  |                                                                                                                          |  |
| 3<br>Chicken Parmesan Sandwich<br>½ Cup Steamed Green Beans                                                                   |  | 4<br>Cheese Quesadilla<br>Salsa and Sour Cream<br>¾ Cup Golden Steamed Corn                                                              |  | 5<br>Whole Grain Crispy Chicken Tenders<br>½ Cup Steamed Baby Carrots<br>1 Whole Grain Dinner Roll                          |  | 7<br>Classic Cheese Pizza<br>1 Cup Caesar Salad                                                                          |  |
|                                              |  |                                                         |  |                                            |  |                                        |  |
| Week 2 :1) Hot 2) Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetable                                              |  |                                                                                                                                          |  |                                                                                                                             |  |                                                                                                                          |  |
| 10<br>Philly Steak and Cheese Sandwich<br>½ Cup of Baby Carrots                                                               |  | 11<br>                                                 |  | 12<br>Chicken Nuggets<br>½ Cup Steamed Broccoli<br>1 Whole Grain Dinner Roll                                                |  | 13<br>Pepperoni Pizza<br>1 Cup Garden Salad                                                                              |  |
|                                             |  |                                                                                                                                          |  |                                            |  |                                        |  |
| Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable                              |  |                                                                                                                                          |  |                                                                                                                             |  |                                                                                                                          |  |
| 17<br>Macaroni and Cheese<br>½ Cup Savory Steamed Green Beans<br>1 Whole Grain Dinner Roll                                    |  | 18<br>Beef Tacos<br>Shredded Lettuce<br>Fresh Diced Tomatoes<br>Shredded Cheddar<br>Salsa and Sour Cream<br>¾ Cup Golden Steamed Corn    |  | 19<br>Italian Meatball Sub<br>½ Cup Steamed Broccoli                                                                        |  | 20<br>Classic Cheese Pizza<br>½ Cup Steamed Baby Carrots                                                                 |  |
|                                             |  |                                                       |  |                                          |  |                                      |  |
| Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable         |  |                                                                                                                                          |  |                                                                                                                             |  |                                                                                                                          |  |
| 24<br>Classic Cheeseburger<br>½ Cup Oven Baked Fries                                                                          |  | 25<br>Chicken Tacos<br>Shredded Lettuce<br>Fresh Diced Tomatoes<br>Shredded Cheddar<br>Salsa and Sour Cream<br>¾ Cup Golden Steamed Corn |  | 26<br>Whole Grain Baked Ziti<br>½ Cup Savory Green Beans<br>1 Whole Grain Dinner Roll                                       |  | 27<br>                               |  |
|                                            |  |                                                       |  |                                          |  |                                                                                                                          |  |
| Week 5: 1) Hot Lunch 2) Buffalo Chicken Pizza includes 1 cup of fruit or 1 cup of vegetable                                   |  |                                                                                                                                          |  |                                                                                                                             |  |                                                                                                                          |  |
| Fresh Fruit and Vegetable Bar (Available Daily)                                                                               |  |                                                                                                                                          |  |                                                                                                                             |  |                                                                                                                          |  |
| <div>Fresh Sliced Cucumber</div> <div>Fresh Baby Carrots</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div> |  | <div>Fresh Pepper Strips</div> <div>Fresh Grape Tomatoes</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>            |  | <div>Fresh Caesar Salad</div> <div>German Potato Salad</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div> |  | <div>Fresh Broccoli</div> <div>Fresh Garbanzo Beans</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div> |  |
|                                                                                                                               |  |                                                                                                                                          |  |                                                                                                                             |  | <div>Green Peas</div> <div>Fresh Celery Sticks</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>      |  |



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!!!**

Vegetarian



Locally Grown

Visit [aces.nutrislice.com](http://aces.nutrislice.com) to see your menu!

USDA is an equal opportunity employer and provider.