
















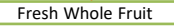





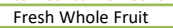


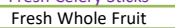




**aces**  
area cooperative educational services

# What's on the Menu?

## Bridge October Lunch Menu

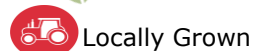
**Staff Price \$5.25**

Monday		Wednesday	Thursday	Friday
		1 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots 	2 	3 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
<b>Week 1 :1) Hot 2) Chicken Patti Sandwich with lettuce and tomatoes includes 1 cup of fruit and 1 cup of vegetable</b>				
6 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 	7 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	8 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 	9 Classic Cheese Pizza 1 Cup Caesar Salad 	10 Classic Cheeseburger ½ Cup Tater Tots 
<b>Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable</b>				
13 	14 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 	15 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 	16 Pepperoni Pizza 1 Cup Garden Salad 	17 Barbecue Rib Sandwich ½ Cup of Savory Green Beans 
<b>Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable</b>				
20 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	21 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	22 Italian Meatball Sub ½ Cup Steamed Broccoli 	23 Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	24 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 
<b>Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable</b>				
27 Classic Cheeseburger ½ Cup Oven Baked Fries 	28 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	29 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	30 Classic Cheese Pizza ½ Cup Steamed Broccoli 	31 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries 
<b>Week 5: 1) Hot Lunch 2) Buffalo Chicken Pizza 1 cup of fruit 1 vegetable</b>				
<b>Fresh Fruit and Vegetable Bar (Available Daily)</b>				
 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!!!



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

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