

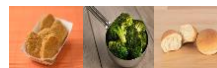


What's on the Menu?

aces
area cooperative educational services

Bridge September Lunch Menu

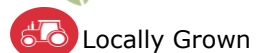
Staff Price \$5.25

Monday		Wednesday		Thursday		Friday			
1 		2 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 		3 Philly Steak and Cheese Sandwich ½ Cup of Steamed Baby Carrots 		4 Pepperoni Pizza ½ Cup Steamed Broccoli 		5 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 	
Week 1 :1) Hot 2) Chicken Patti Sandwich with lettuce and tomatoes includes 1 cup of fruit and 1 cup of vegetable									
8 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 		9 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 		10 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 		11 Classic Cheese Pizza 1 Cup Caesar Salad 		12 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries 	
Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable									
15 Classic Cheeseburger ½ Cup Tater Tots 		16 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 		17 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 		18 Pepperoni Pizza 1 Cup Garden Salad 		19 Barbecue Rib Sandwich ½ Cup of Savory Green Beans 	
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable									
22 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 		23 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 		24 Italian Meatball Sub ½ Cup Steamed Broccoli 		25 Classic Cheese Pizza ½ Cup Steamed Baby Carrots 		26 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 	
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable									
29 Classic Cheeseburger ½ Cup Oven Baked Fries 		30 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 							
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)									
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 to see your menu!

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