



# What's on the Menu?



**aces**  
area cooperative educational services

## Mill Road December Lunch Menu

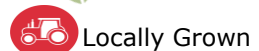
**Staff Price \$5.45**

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>Chicken Parmesan Sandwich ½ Cup Steamed Green Beans</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free bun and unbreaded chicken</div><div></div></div>	<div>2</div> <div>Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div></div><div></div></div>	<div>3</div> <div>Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Unbreaded chicken and gluten free bun</div><div></div></div>	<div>4</div> <div>Classic Cheese Pizza 1 Cup Caesar Salad</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free dough</div><div></div></div>	<div>5</div> <div>The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free bun</div><div></div></div>
Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables				
<div>8</div> <div>Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free bun</div><div></div></div>	<div>9</div> <div>Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free pasta</div><div></div></div>	<div>10</div> <div>Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Unbreaded chicken and gluten free bun</div><div></div></div>	<div>11</div> <div>Pepperoni Pizza 1 Cup Garden Salad</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free dough</div><div></div></div>	<div>12</div> <div>Barbecue Rib Sandwich ½ Cup of Savory Green Beans</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free bun</div><div></div></div>
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
<div>15</div> <div>Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free pasta</div><div></div></div>	<div>16</div> <div>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Corn Tortilla Chips</div><div></div></div>	<div>17</div> <div>Italian Meatball Sub ½ Cup Steamed Broccoli</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free bun</div><div></div></div>	<div>18</div> <div>Classic Cheese Pizza ½ Cup Steamed Baby Carrots</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free dough</div><div></div></div>	<div>19</div> <div>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Unbreaded chicken and gluten free bun</div><div></div></div>
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
<div>22</div> <div>Classic Cheeseburger ½ Cup Oven Baked Fries</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Gluten free bun</div><div></div></div>	<div>23</div> <div>Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</div> <div><div><div><div></div><div></div><div></div></div><div></div></div><div>Corn Tortilla Chips</div><div></div></div>	<div>24</div> <div>25</div> <div>26</div> <div> <small>www.shutterstock.com - 1028893677</small></div>		
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls 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!!!



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