



What's on the Menu?



aces
area cooperative educational services

Mill February Lunch Menu

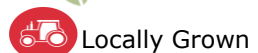
Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
2 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots Gluten free bun 	3 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	4 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	5 Pepperoni Pizza 1 Cup Garden Salad Gluten free dough 	6 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				
9 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll Gluten free pasta 	10 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	11 Italian Beef Meatball Sub ½ Cup Steamed Broccoli Gluten free bun 	12 Classic Cheese Pizza ½ 1 Cup Caesar Salad Gluten free dough 	13 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				
Winter Break! 				
23 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans Gluten free bun and unbreaded chicken 	24 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	25 Classic Cheeseburger ½ Cup Oven Baked Fries Gluten free bun 	26 Classic Cheese Pizza ½ Cup of Baby Carrots Gluten free dough 	27 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten free bun 
Week 5: 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)				
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.nutrislice.com to see your menu!

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