



What's on the Menu?



aces
area cooperative educational services

Mill January Lunch Menu

Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>5</p> <p>Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots</p> <p></p> <p>Gluten free bun</p> 	<p>6</p> 	<p>7</p> <p>Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll</p> <p></p> <p>Unbreaded chicken and gluten free bun</p> 	<p>8</p> <p>Pepperoni Pizza 1 Cup Garden Salad</p> <p></p> <p>Gluten free dough</p> 	<p>9</p> <p>Barbecue Rib Sandwich ½ Cup of Savory Green Beans</p> <p></p> <p>Gluten free bun</p> 
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
<p>12</p> <p>Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> <p></p> <p>Gluten free pasta</p> 	<p>13</p> <p>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> <p></p> <p>Corn Tortilla Chips</p> 	<p>14</p> <p>Italian Meatball Sub ½ Cup Steamed Broccoli</p> <p></p> <p>Gluten free bun</p> 	<p>15</p> <p>Classic Cheese Pizza ½ Cup Steamed Baby Carrots</p> <p></p> <p>Gluten free dough</p> 	<p>16</p> <p>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll</p> <p></p> <p>Unbreaded chicken and gluten free bun</p> 
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
<p>19</p> 	<p>20</p> <p>Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> <p></p> <p>Corn Tortilla Chips</p> 	<p>21</p> <p>Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll</p> <p></p> <p>Unbreaded chicken and gluten free bun</p> 	<p>22</p> <p>Pepperoni Pizza 1 Cup Steamed Broccoli</p> <p></p> <p>Gluten free dough</p> 	<p>23</p> <p>Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll</p> <p></p> <p>Gluten free pasta</p> 
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable				
<p>26</p> <p>Chicken Parmesan Sandwich ½ Cup Steamed Green Beans</p> <p></p> <p>Gluten free bun and unbreaded chicken</p> 	<p>27</p> <p>Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>28</p> <p>Classic Cheeseburger ½ Cup Oven Baked Fries</p> <p></p> <p>Gluten free bun</p> 	<p>29</p> <p>Classic Cheese Pizza 1 Cup Caesar Salad</p> <p></p> <p>Gluten free dough</p> 	<p>30</p> <p>The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes</p> <p></p> <p>Gluten free bun</p> 
Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables				
Fresh Fruit and Vegetable Bar (Available Daily)				
<p>Fresh Sliced Cucumber</p> <p>Fresh Baby Carrots</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>	<p>Fresh Pepper Strips</p> <p>Fresh Grape Tomatoes</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>	<p>Fresh Caesar Salad</p> <p>German Potato Salad</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>	<p>Fresh Broccoli</p> <p>Fresh Garbanzo Beans</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>	<p>Green Peas</p> <p>Fresh Celery Sticks</p> <p>Fresh Whole Fruit</p> <p>Assorted Chilled Fruit</p>



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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your menu!

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