
















aces
area cooperative educational services

What's on the Menu?

Mill June Lunch Menu

Staff Price \$5.25

Monday		Wednesday	Thursday	Friday
2 Chicken Parmesan Sandwich ½ Cup Tater Tots 	3 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	4 Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll 	5 Pepperoni Pizza ½ Cup Steamed Broccoli 	6  Classic Cheeseburger Or Hot Dogs ½ Cup Corn on the Cob 
Week 1 :1) Hot 2) Muffin Fun Lunch includes 1 cup of fruit or 1 cup of vegetable				
9 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	10 Cheese Quesadilla ½ Cup Refried Beans Salsa and Sour Cream 	11 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 	12 Classic Cheese Pizza 1 Cup Caesar Salad 	13 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries 
Week 2 :1) Hot 2) Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetable				
16 Classic Cheeseburger ½ Cup Tater Tots 	17 	18 	19 	20
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
23 	24 	25 	26 	27
30 				
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!!!

 Vegetarian

 Locally Grown

Visit aces.nutrislice.com to see

your menu!

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