



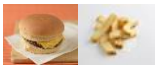
aces
area cooperative educational services

What's on the Menu?

Mill October Lunch Menu



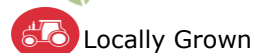
Staff Price \$5.25

Monday		Wednesday	Thursday	Friday
		1 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots 	2 	3 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
Week 1 :1) Hot 2) Muffin Fun Lunch includes 1 cup of fruit or 1 cup of vegetable				
6 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 	7 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	8 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 	9 Classic Cheese Pizza 1 Cup Caesar Salad 	10 Classic Cheeseburger ½ Cup Tater Tots 
Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
13 	14 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 	15 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 	16 Pepperoni Pizza 1 Cup Garden Salad 	17 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				
20 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	21 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	22 Italian Meatball Sub ½ Cup Steamed Broccoli 	23 Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	24 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				
27 Classic Cheeseburger ½ Cup Oven Baked Fries 	28 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	29 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	30 Classic Cheese Pizza ½ Cup Steamed Broccoli 	31 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries 
Week 5: 1) Hot Lunch 2) Bage Fun Lunch 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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