



aces
area cooperative educational services

What's on the Menu?

**FRESH
FRUIT &
VEGETABLE
PROGRAM**

Village April Lunch Menu

Staff Price \$5.25


Monday		Wednesday	Thursday	Friday
	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll 	Pepperoni Pizza ½ Cup Steamed Broccoli 	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				
Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	Classic Cheese Pizza 1 Cup Caesar Salad 	Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Tater Tots 
Week 2 :1) Hot 2) Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetable				
14	15	16	17	18
				
Week 3: NO SCHOOL				
Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Italian Meatball Sub ½ Cup Oven Baked Fries 	Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	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				
Classic Cheeseburger ½ Cup Oven Baked Fries 	Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Philly Steak and Cheese Sandwich ½ Cup of Steamed Broccoli 		
Week 5: 1) Hot Lunch 2) Cereal Fun Lunch includes 1 cup of fruit or 1 cup of vegetable				
Fresh Fruit and Vegetable Bar (Available Daily)				
Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) 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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