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area cooperative educational services

What's on the Menu?

Village September Lunch Menu

**FRESH
FRUIT &
VEGETABLE
PROGRAM**

Staff Price \$5.25

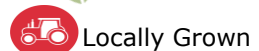
Monday		Wednesday	Thursday	Friday
	<p>1</p> <p>Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll</p> 	<p>3</p> <p>Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots</p> 	<p>4</p> <p>Pepperoni Pizza ½ Cup Steamed Broccoli</p> 	<p>5</p> <p>The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes</p> 
Week 1 :1) Hot 2) Muffin Fun Lunch includes 1 cup of fruit or 1 cup of vegetable				
<p>8</p> <p>Chicken Parmesan Sandwich ½ Cup Steamed Green Beans</p> 	<p>9</p> <p>Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>10</p> <p>Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll</p> 	<p>11</p> <p>Classic Cheese Pizza 1 Cup Caesar Salad</p> 	<p>12</p> <p>Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries</p> 
Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
<p>15</p> <p>Classic Cheeseburger ½ Cup Tater Tots</p> 	<p>16</p> <p>Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans</p> 	<p>17</p> <p>Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll</p> 	<p>18</p> <p>Pepperoni Pizza 1 Cup Garden Salad</p> 	<p>19</p> <p>Barbecue Rib Sandwich ½ Cup of Savory Green Beans</p> 
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
<p>22</p> <p>Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>23</p> <p>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>24</p> <p>Italian Meatball Sub ½ Cup Steamed Broccoli</p> 	<p>25</p> <p>Classic Cheese Pizza ½ Cup Steamed Baby Carrots</p> 	<p>26</p> <p>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll</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>29</p> <p>Classic Cheeseburger ½ Cup Oven Baked Fries</p> 	<p>30</p> <p>Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 			
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)				
<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!!!

Vegetarian



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