

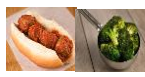
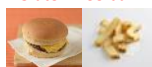


What's on the Menu?

aces
area cooperative educational services

Wintergreen December Lunch Menu

Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans  Gluten free bun and unbreaded chicken	2 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	3 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun	4 Classic Cheese Pizza 1 Cup Caesar Salad  Gluten free dough	5 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes  Gluten free bun
Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables				
8 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots  Gluten free bun	9 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll  Gluten free pasta	10 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun	11 Pepperoni Pizza 1 Cup Garden Salad  Gluten free dough	12 Barbecue Rib Sandwich ½ Cup of Savory Green Beans  Gluten free bun
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
15 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll  Gluten free pasta	16 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn  Corn Tortilla Chips	17 Italian Meatball Sub ½ Cup Steamed Broccoli  Gluten free bun	18 Classic Cheese Pizza ½ Cup Steamed Baby Carrots  Gluten free dough	19 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
22 Classic Cheeseburger ½ Cup Oven Baked Fries  Gluten free bun	23 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn  Corn Tortilla Chips	24 25 26  www.shutterstock.com - 1028893677		
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls 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!

USDA is an equal opportunity employer and provider.

 Vegetarian

 Locally Grown