

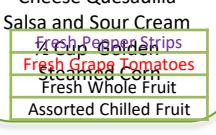
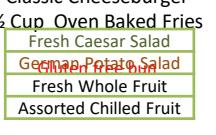


# What's on the Menu?

**aces**  
area cooperative educational services

## Wintergreen February Lunch Menu

Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
2 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots Gluten free bun 	3 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	4 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	5 Pepperoni Pizza 1 Cup Garden Salad Gluten free dough 	6 Barbecue Rib Sandwich ½ Cup of Savory Green Beans Gluten free bun 
<b>Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable</b>				
9 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll  Gluten free pasta 	10 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	11 Italian Beef Meatball Sub ½ Cup Steamed Broccoli  Gluten free bun 	12 Classic Cheese Pizza ½ 1 Cup Caesar Salad  Gluten free dough 	13 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun 
<b>Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable</b>				
16	17	18	19	20
 <b>Winter Break!</b>				
23 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans  Gluten free bun and unbreaded chicken 	24 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	25 Classic Cheeseburger ½ Cup Oven Baked Fries Gluten free bun 	26 Classic Cheese Pizza ½ Cup of Baby Carrots Gluten free dough 	27 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten free bun 
23 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans Fresh Sliced Cucumber Fresh Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit  Gluten free bun and unbreaded chicken 	24 Cheese Quesadilla Salsa and Sour Cream Fresh Pepperoni Strips Fresh Grape Tomatoes Assorted Chilled Fruit 	25 Classic Cheeseburger ½ Cup Oven Baked Fries Fresh Caesar Salad German Potato Salad Fresh Whole Fruit Assorted Chilled Fruit 	26 Classic Cheese Pizza ½ Cup of Baby Carrots Fresh Broccoli Fruit and Vegetable Bar Fresh Whole Fruit Assorted Chilled Fruit 	27 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 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 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL  
FRESH FRUIT AND VEGETABLE BAR (AVAILABLE DAILY)

Vegetarian

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your menu!

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