



aces
area cooperative educational services

What's on the Menu?

Wintergreen May Lunch Menu

Staff Price \$5.25

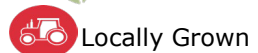
| Monday | | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| | | | 1 Pepperoni Pizza ½ Cup Steamed Broccoli  | 2 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes  |
| Week 1 :1) Hot 2) Muffin Fun Lunch includes 1 cup of fruit or 1 cup of vegetable | | | | |
| 5 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans  | 6 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn  | 7 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll  | 8 Classic Cheese Pizza 1 Cup Caesar Salad  | 9 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Fries  |
| Week 2 :1) Hot 2) Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetable | | | | |
| 12 Classic Cheeseburger ½ Cup Oven Baked Fries ½ Cup Tater Tots  | 13 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans  | 14 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll  | 15 Pepperoni Pizza 1 Cup Garden Salad  | 16 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll  |
| Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable | | | | |
| 19 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll  | 20 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn  | 21 Italian Meatball Sub ½ Cup Steamed Broccoli  | 22 Classic Cheese Pizza ½ Cup Steamed Baby Carrots  | 23 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 | | | | |
| 26  | 27 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn  | 28 Philly Steak and Cheese Sandwich ½ Cup of Steamed Broccoli  | 29 Pepperoni Pizza 1 Cup Caesar Salad  | 30 Classic Cheeseburger ½ Cup Oven Baked Fries  |
| 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) | | | | |
| 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!!!

Vegetarian



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your menu!

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