






















What's on the Menu?

aces
area cooperative educational services

Wintergreen November Lunch Menu

Staff Price \$5.45

Monday		Wednesday	Thursday	Friday
3 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 	4 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	5 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 	7 Classic Cheese Pizza 1 Cup Caesar Salad 	8 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
10 Philly Steak and Cheese Sandwich ½ Cup of Baby Carrots 	11 	12 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 	13 Pepperoni Pizza 1 Cup Garden Salad 	14 Barbecue Rib Sandwich ½ Cup of Savory Green Beans 
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
17 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	18 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	19 Italian Meatball Sub ½ Cup Steamed Broccoli 	20 Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	21 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				
24 Classic Cheeseburger ½ Cup Oven Baked Fries 	25 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	26 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	27 28 	
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)				
<div>Fresh Sliced Cucumber</div> <div>Fresh Baby Carrots</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>	<div>Fresh Pepper Strips</div> <div>Fresh Grape Tomatoes</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>	<div>Fresh Caesar Salad</div> <div>German Potato Salad</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>	<div>Fresh Broccoli</div> <div>Fresh Garbanzo Beans</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>	<div>Green Peas</div> <div>Fresh Celery Sticks</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>



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



Visit aces.nutrislice.com to see your menu!

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