



# What's on the Menu?

**aces**  
area cooperative educational services

## Wintergreen September Lunch Menu

**Staff Price \$5.25**

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



Locally Grown

Visit [aces.nutrilslice.com](https://aces.nutrilslice.com) to see your menu!

USDA is an equal opportunity employer and provider.