



# What's on the Menu?

**aces**  
area cooperative educational services

## Wintergreen January Lunch Menu

**Staff Price \$5.45**

| Monday                                                                                                                       | Tuesday                                                                                                                                                                    | Wednesday                                                                                                                                               | Thursday                                                                                 | Friday                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                              |                                                                                                                                                                            |                                                                                                                                                         |                                                                                          |                                                                                                                                                               |
| 5<br>Philly Steak and Cheese Sandwich<br>½ Cup of Baby Carrots<br><br><b>Gluten free bun</b>                                 | 6<br>                                                                                                                                                                      | 7<br>Chicken Nuggets<br>½ Cup Steamed Broccoli<br>1 Whole Grain Dinner Roll<br><br><b>Unbreaded chicken and gluten free bun</b>                         | 8<br>Pepperoni Pizza<br>1 Cup Garden Salad<br><br><b>Gluten free dough</b>               | 9<br>Barbecue Rib Sandwich<br>½ Cup of Savory Green Beans<br><br><b>Gluten free bun</b>                                                                       |
| <b>Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable</b>                              |                                                                                                                                                                            |                                                                                                                                                         |                                                                                          |                                                                                                                                                               |
| 12<br>Macaroni and Cheese<br>½ Cup Savory Steamed Green Beans<br>1 Whole Grain Dinner Roll<br><br><b>Gluten free pasta</b>   | 13<br>Beef Tacos<br>Shredded Lettuce<br>Fresh Diced Tomatoes<br>Shredded Cheddar<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br><br><b>Corn Tortilla Chips</b>    | 14<br>Italian Meatball Sub<br>½ Cup Steamed Broccoli<br><br><b>Gluten free bun</b>                                                                      | 15<br>Classic Cheese Pizza<br>½ Cup Steamed Baby Carrots<br><br><b>Gluten free dough</b> | 16<br>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy<br>1 Whole Grain Dinner Roll<br><br><b>Unbreaded chicken and gluten free bun</b> |
| <b>Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable</b>                      |                                                                                                                                                                            |                                                                                                                                                         |                                                                                          |                                                                                                                                                               |
| 19<br>                                                                                                                       | 20<br>Chicken Tacos<br>Shredded Lettuce<br>Fresh Diced Tomatoes<br>Shredded Cheddar<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br><br><b>Corn Tortilla Chips</b> | 21<br>Whole Grain Crispy Chicken Tenders<br>½ Cup Steamed Baby Carrots<br>1 Whole Grain Dinner Roll<br><br><b>Unbreaded chicken and gluten free bun</b> | 22<br>Pepperoni Pizza<br>1 Cup Steamed Broccoli<br><br><b>Gluten free dough</b>          | 23<br>Whole Grain Baked Ziti<br>½ Cup Savory Green Beans<br>1 Whole Grain Dinner Roll<br><br><b>Gluten free pasta</b>                                         |
| <b>Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable</b> |                                                                                                                                                                            |                                                                                                                                                         |                                                                                          |                                                                                                                                                               |
| 26<br>Chicken Parmesan Sandwich<br>½ Cup Steamed Green Beans<br><br><b>Gluten free bun and unbreaded chicken</b>             | 27<br>Cheese Quesadilla<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br>                                                                                           | 28<br>Classic Cheeseburger<br>½ Cup Oven Baked Fries<br><br><b>Gluten free bun</b>                                                                      | 29<br>Classic Cheese Pizza<br>1 Cup Caesar Salad<br><br><b>Gluten free dough</b>         | 30<br>The Perfect Sloppy Joe<br>½ Cup Herb Roasted Potatoes<br><br><b>Gluten free bun</b>                                                                     |
| <b>Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables</b>                                                       |                                                                                                                                                                            |                                                                                                                                                         |                                                                                          |                                                                                                                                                               |
| <b>Fresh Fruit and Vegetable Bar (Available Daily)</b>                                                                       |                                                                                                                                                                            |                                                                                                                                                         |                                                                                          |                                                                                                                                                               |
| Fresh Sliced Cucumber<br>Fresh Baby Carrots<br>Fresh Whole Fruit<br>Assorted Chilled Fruit                                   | Fresh Pepper Strips<br>Fresh Grape Tomatoes<br>Fresh Whole Fruit<br>Assorted Chilled Fruit                                                                                 | Fresh Caesar Salad<br>German Potato Salad<br>Fresh Whole Fruit<br>Assorted Chilled Fruit                                                                | Fresh Broccoli<br>Fresh Garbanzo Beans<br>Fresh Whole Fruit<br>Assorted Chilled Fruit    | Green Peas<br>Fresh Celery Sticks<br>Fresh Whole Fruit<br>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



Locally Grown

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your menu!

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