

# What's on the Menu?

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!!!**



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



USDA is an equal opportunity employer and provider.

## Chase 2024-2025

Fun Lunch rotates every other week

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
<div>Whole Grain Fruit Muffin</div> <div>String Cheese or Yogurt</div> <div></div> <div>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</div>	<div>Cereal Bar Kit</div> <div></div> <div>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</div>	<div>Whole Grain Bagel Cream Cheese</div> <div></div> <div>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</div>	<div>Whole Grain Fruit Muffin</div> <div>String Cheese or Yogurt</div> <div></div> <div>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</div>	<div>Nutrigrain Bar</div> <div></div> <div>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</div>
Cereal Available Daily with a choice of yogurt or string cheese				
Lunch				
<div>Turkey or Ham and Cheese Sandwich</div> <div></div> <div>Sun butter Triple Decker</div> <div></div> <div>Muffin Fun Lunch</div> <div></div> <div>Sliced Cucumber Fresh Baby Carrots Assorted Fresh Fruit Assorted Chilled Fruit</div>	<div>Chicken Patty Sandwich</div> <div></div> <div>Sun butter Triple Decker</div> <div></div> <div>Muffin Fun Lunch</div> <div></div> <div>Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit Assorted Chilled Fruit</div>	<div>Whole Grain Cheese Pizza</div> <div></div> <div>Sun butter Triple Decker</div> <div></div> <div>Muffin Fun Lunch</div> <div></div> <div>Fresh Side Garden Salad Fresh Celery Assorted Fresh Fruit Assorted Chilled Fruit</div>	<div>Chicken Tenders Tater Tots</div> <div></div> <div>Sun butter Triple Decker</div> <div></div> <div>Muffin Fun Lunch</div> <div></div> <div>Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit Assorted Chilled Fruit</div>	<div>Whole Grain Cheese Pizza</div> <div></div> <div>Sun butter Triple Decker</div> <div></div> <div>Muffin Fun Lunch</div> <div></div> <div>Classic Potato Salad Power Peas Assorted Fresh Fruit Assorted Chilled Fruit</div>

# Serving up happy & healthy

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<b>Breakfast</b>				
<b>Whole Grain Fruit Muffin</b> String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	<b>Cereal Bar Kit String Cheese</b>  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	<b>Whole Grain Bagel Cream Cheese</b>  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	<b>Whole Grain Fruit Muffin</b> String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	<b>Nutrigrain Bar</b>  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
Cereal Available Daily with a choice of yogurt or string cheese <b>Lunch</b>				
<b>Turkey or Ham and Cheese Sandwich</b>  Sun butter Triple Decker  Bagel Fun Lunch  Sliced Cucumber Fresh Baby Carrots Assorted Fresh Fruit Assorted Chilled Fruit	<b>Chicken Patty Sandwich</b>  Sun butter Triple Decker  Bagel Fun Lunch  Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit Assorted Chilled Fruit	<b>Whole Grain Cheese Pizza</b>  Sun butter Triple Decker  Bagel Fun Lunch  Fresh Side Garden Salad Fresh Celery Assorted Fresh Fruit Assorted Chilled Fruit	<b>Chicken Tenders Tater Tots</b>  Sun butter Triple Decker  Bagel Fun Lunch  Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit Assorted Chilled Fruit	<b>Whole Grain Cheese Pizza</b>  Sun butter Triple Decker  Bagel Fun Lunch  Classic Potato Salad Power Peas Assorted Fresh Fruit Assorted Chilled Fruit

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