

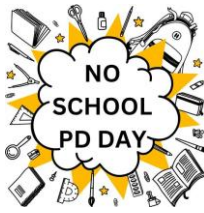
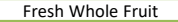
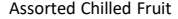
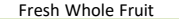
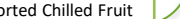


What's on the Menu?



Bassett November Lunch Menu

Staff Price \$5.55

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans Gluten free Pasta 	3 	4 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	5 Pepperoni Pizza 1 Cup Garden Salad Gluten free dough 	6  Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
9 Chicken Parmesan Sandwich ½ Cup of Steamed Broccoli Gluten free bun 	10 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	11 	12 Classic Cheese Pizza ½ 1 Cup Caesar Salad Gluten free dough 	13 Classic Cheeseburger ½ Cup Tatar Tots Gluten free bun 
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
16 Chicken Meatballs ½ cup of Baby Carrots 2 Whole Grain Dinner Rolls Gluten free bun 	17 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chip 	18 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	19 Pepperoni Pizza ½ Cup Baby Carrots Gluten free dough 	20 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten free Bun 
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable				
23 Italian Beef Meatball Sub ½ Cup Steamed Broccoli Gluten free bun 	24 Roasted Turkey Chicken Gravy Savory Green Beans 2 Whole Grain Dinner Rolls Gluten Free Bun 	25 Chicken Nuggets ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	26 27 	
Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable				
30 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll Gluten free pasta 				
Week 5: Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetables				
Fresh Fruit and Vegetable Bar (Available Daily)				
   	   	   	   	   



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE WHITE AND FAT FREE CHOCOLATE.

Visit aces.nutrislice.com to see

your menu!

CHOOSE AT AT LEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!

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Vegetarian

