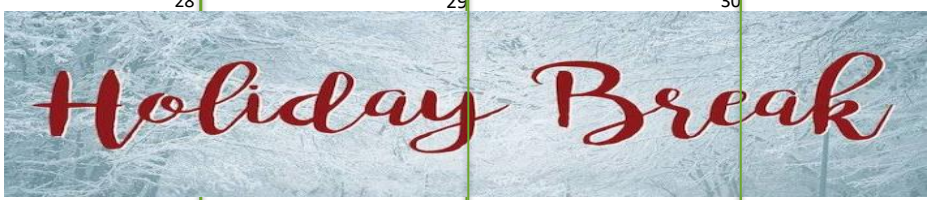
# What's on the Menu?

aces area cooperative educational services

FRESH FRUIT & VEGETABLE PROGRAM

# Bridge December Lunch Menu

## Staff Price $5.55

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | 1<br>Beef Nachos<br>Shredded Romaine<br>Fresh Diced Tomatoes<br>Salsa and Sour Cream<br>½ Cup Refried Beans | 2<br>Whole Grain Crispy Chicken Tenders<br>½ Cup Steamed Baby Carrots<br>1 Whole Grain Dinner Roll<br>Unbreaded chicken and gluten free bun | 3<br>Pepperoni Pizza<br>1 Cup Garden Salad<br>Gluten free dough | 4<br>Macaroni and Cheese<br>½ Cup Savory Steamed Green Beans<br>1 Whole Grain Dinner Roll<br>Gluten free pasta |
| **Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable** | | | | |
| 7<br>Chicken Parmesan Sandwich<br>½ Cup of Steamed Broccoli<br>Gluten free bun | 8<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>Corn Tortilla Chips | 9<br>Whole Grain Baked Ziti<br>One Whole Grain Dinner Roll<br>½ Cup Savory Green Beans<br>Gluten free Pasta | 10<br>Classic Cheese Pizza<br>½ 1 Cup Caesar Salad<br>Gluten free dough | 11<br>Classic Cheeseburger<br>½ Cup Tatar Tots<br>Gluten free bun |
| **Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable** | | | | |
| 14<br>Chicken Meatballs<br>½ cup of Baby Carrots<br>2 Whole Grain Dinner Rolls<br>Gluten free bun | 15<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>Corn Tortilla Chip | 16<br>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy<br>1 Whole Grain Dinner Roll<br>Unbreaded chicken and gluten free bun | 17<br>Pepperoni Pizza<br>½ Cup Baby Carrots<br>Gluten free dough | 18<br>The Perfect Sloppy Joe<br>½ Cup Herb Roasted Potatoes<br>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** | | | | |
| 21<br>Italian Beef Meatball Sub<br>½ Cup Steamed Broccoli<br>Gluten free bun | 22<br>Cheese Quesadilla<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br>Gluten free Corn tortillas with a side of Refried beans | 23<br>Chicken Nuggets<br>½ Cup Steamed Baby Carrots<br>1 Whole Grain Dinner Roll<br>Unbreaded chicken and gluten free bun | 24<br> | 25<br> |
| **Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable** | | | | |
| 28 | 29 | 30 | 31 | |
|  | | | | |
| **Week 5: Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetables** | | | | |
| **Fresh Fruit and Vegetable Bar (Available Daily)** | | | | |
| Fresh Sliced Cucumber<br>Fresh Baby Carrots<br>Fresh Whole Fruit<br>Assorted Chilled Fruit | Fresh Red and Green 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 |

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**Visit aces.nutrislice.com to see your 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!!!**

Vegetarian

Locally Grown

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