



What's on the Menu?



Mill April Lunch Menu

Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	Pepperoni Pizza 1 Cup Garden Salad Gluten free dough 	

Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable



Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll Gluten free pasta 	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 	Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	Pepperoni Pizza ½ Cup Steamed Baby Carrots Gluten free dough 	Classic Cheeseburger ½ Cup Tatar Tots Gluten free bun
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Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable

Chicken Parmesan Sandwich ½ Cup Steamed Green Beans Gluten free bun and unbreaded chicken 	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn Gluten free Grilled Cheese 	4 Glazed Chicken Wings ½ Cup of Baby Carrots 2 Whole Grain Dinner Roll Gluten Free bun 	Classic Cheese Pizza ½ Cup of Steamed Broccoli Gluten free dough 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes Gluten free bun
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Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable

Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans Gluten free Pasta 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips 	Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun 	Pepperoni Pizza 1 cup Caesar Salad Gluten free dough 	
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Week 5: Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables

Fresh Fruit and Vegetable Bar (Available Daily)

- Fresh Sliced Cucumber
- Fresh Baby Carrots
- Fresh Whole Fruit
- Assorted Chilled Fruit

- Fresh Pepper Strips
- Fresh Grape Tomatoes
- Fresh Whole Fruit
- Assorted Chilled Fruit

- Fresh Caesar Salad
- German Potato Salad
- Fresh Whole Fruit
- Assorted Chilled Fruit

- Fresh Broccoli
- Fresh Garbanzo Beans
- Fresh Whole Fruit
- Assorted Chilled Fruit

- Green Peas
- Fresh Celery Sticks
- Fresh Whole Fruit
- 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 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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