



What's on the Menu?

aces
area cooperative educational services

Mill August Lunch Menu

Staff Price \$5.55

Monday		Wednesday		Thursday		Friday	
3		4		5		6	
							
24		25		26		27	
							
31							
Classic Cheeseburger ½ Cup Oven Baked Fries 							
Week 5: 1) Hot Lunch 2) Cereal Fun Lunch includes 1 cup of fruit or 1 cup of vegetable 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 ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!

Vegetarian



Visit aces.nutrislice.com to see your menu!

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