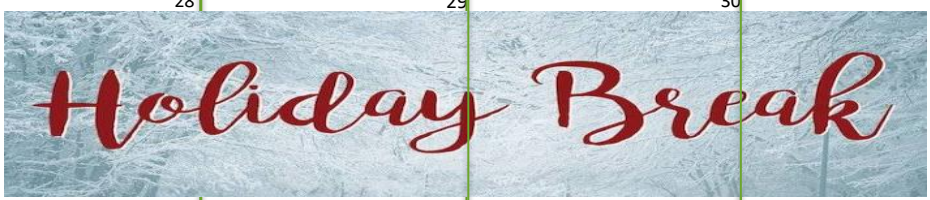
What's on the Menu?

aces area cooperative educational services

FRESH FRUIT & VEGETABLE PROGRAM

Mill Road December Lunch Menu

Staff Price $5.55

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans	2 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun	3 Pepperoni Pizza 1 Cup Garden Salad Gluten free dough	4 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll Gluten free pasta
Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
7 Chicken Parmesan Sandwich ½ Cup of Steamed Broccoli Gluten free bun	8 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chips	9 Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans Gluten free Pasta	10 Classic Cheese Pizza ½ 1 Cup Caesar Salad Gluten free dough	11 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				
14 Chicken Meatballs ½ cup of Baby Carrots 2 Whole Grain Dinner Rolls Gluten free bun	15 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn Corn Tortilla Chip	16 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun	17 Pepperoni Pizza ½ Cup Baby Carrots Gluten free dough	18 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				
21 Italian Beef Meatball Sub ½ Cup Steamed Broccoli Gluten free bun	22 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn Gluten free Corn tortillas with a side of Refried beans	23 Chicken Nuggets ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll Unbreaded chicken and gluten free bun	24 	25 
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 Fresh Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit	Fresh Red and Green 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

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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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