



What's on the Menu?



Mill June Lunch Menu

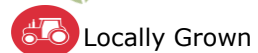
Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans</p> <p>Gluten free Pasta</p> 	<p>2</p> <p>Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> <p>Corn Tortilla Chips</p> 	<p>3</p> <p>Chicken Parmesan Sandwich ½ Cup Steamed Broccoli</p> <p>Gluten free bun</p> 	<p>4</p> <p>Pepperoni Pizza 1 Cup Garden Salad</p> <p>Gluten free dough</p> 	<p>5</p>  <p>Classic Cheeseburger ½ Cup Corn on Cobb</p> <p>Gluten free bun</p> 
<p>Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable</p>				
<p>8</p> <p>Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> <p>Gluten free pasta</p> 	<p>9</p> <p>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> <p>Corn Tortilla Chips</p> 	<p>10</p> <p>Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll</p> <p>Unbreaded chicken and gluten free bun</p> 	<p>11</p> <p>Classic Cheese Pizza ½ 1 Cup Caesar Salad</p> <p>Gluten free dough</p> 	<p>12</p> <p>Barbecue Rib Sandwich ½ Cup of Steamed Broccoli</p> <p>Gluten free bun</p> 
<p>Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable</p>				
<p>15</p> <p>Italian Beef Meatball Sub ½ Cup Steamed Baby Carrots</p> <p>Gluten free bun</p> 	<p>16</p> <p>Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans</p> 	<p>17</p> <p>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll</p> <p>Unbreaded chicken and gluten free bun</p> 	<p>18</p> <p>Pepperoni Pizza ½ Cup Green Beans</p> <p>Gluten free dough</p> 	<p>19</p> 
<p>Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable</p>				
<p>22</p> <p>The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes</p> <p>Gluten free bun</p> 	<p>23</p> <p>Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> <p>Gluten free Quesadilla Cheese</p> 	<p>24</p> 	<p>25</p>	<p>26</p>
<p>Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable</p>				
<p>25</p>	<p>26</p>			
<p>Fresh Fruit and Vegetable Bar (Available Daily)</p>				
<ul style="list-style-type: none"> Fresh Sliced Cucumber Fresh Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit 	<ul style="list-style-type: none"> Fresh Pepper Strips Fresh Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit 	<ul style="list-style-type: none"> Fresh Caesar Salad German Potato Salad Fresh Whole Fruit Assorted Chilled Fruit 	<ul style="list-style-type: none"> Fresh Broccoli Fresh Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit 	<ul style="list-style-type: none"> 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!!!



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