



What's on the Menu?



Mill May Lunch Menu

Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
2	3			1 Barbecue Rib Sandwich ½ Cup of Savory Green Beans
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
4 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	5 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	6 Breaded Drumstick ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 	7 Classic Cheese Pizza ½ 1 Cup Caesar Salad 	8 Classic Cheeseburger ½ Cup Tatar Tots
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
11 Italian Beef Meatball Sub ½ Cup Steamed Broccoli 	12 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 	13 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 	14 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll 	15 Pepperoni Pizza ½ Cup Green Beans
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable				
18 Chicken Parmesan Sandwich ½ Cup Steamed Green Beans 	19 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	20 4 Glazed Chicken Wings ½ Cup of Baby Carrots 2 Whole Grain Dinner Roll 	21 Classic Cheese Pizza ½ Cup of Steamed Broccoli 	22 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes
Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable				
25 MEMORIAL DAY REMEMBERING & HONORING ALL WHO SERVED	26 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	27 Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll 	28 Pepperoni Pizza 1 Cup Garden Salad 	29 Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans
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 Pepper Strips	 Fresh Caesar Salad	 Fresh Broccoli	 Green Peas
 Fresh Baby Carrots	 Fresh Grape Tomatoes	 German Potato Salad	 Fresh Garbanzo Beans	 Fresh Celery Sticks
 Fresh Whole Fruit	 Fresh Whole Fruit	 Fresh Whole Fruit	 Fresh Whole Fruit	 Fresh Whole Fruit
 Assorted Chilled Fruit	 Assorted Chilled Fruit	 Assorted Chilled Fruit	 Assorted Chilled Fruit	 Assorted Chilled Fruit



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE WHITE AND FAT FREE CHOCOLATE.

Visit aces.nutrislice.com to see your menu!

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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