



# What's on the Menu?



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area cooperative educational services

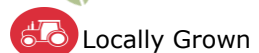
## Mill Road October Lunch Menu

**Staff Price \$5.55**

| Monday                                                                                                                         | Tuesday                                                                                                                                                                        | Wednesday                                                                                                                                                         | Thursday                                                                                       | Friday                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                |                                                                                                                                                                                |                                                                                                                                                                   | <b>1</b><br>Pepperoni Pizza<br>1 Cup Garden Salad<br><br>Gluten free dough<br>                 | <b>2</b><br>Barbecue Rib Sandwich<br>½ Cup of Savory Green Beans<br><br>Gluten free bun<br>                                 |
| <b>Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable</b>                                |                                                                                                                                                                                |                                                                                                                                                                   |                                                                                                |                                                                                                                             |
| <b>5</b><br>Chicken Parmesan Sandwich<br>½ Cup of Steamed Broccoli<br>2 Whole Grain Dinner Roll<br><br>Gluten free bun<br>     | <b>6</b><br>Beef Tacos<br>Shredded Lettuce<br>Fresh Diced Tomatoes<br>Shredded Cheddar<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br><br>Corn Tortilla Chips<br>     | <b>7</b><br>Whole Grain Crispy Chicken Tenders<br>½ Cup Steamed Baby Carrots<br>1 Whole Grain Dinner Roll<br><br>Unbreaded chicken and gluten free bun<br>        | <b>8</b><br>Classic Cheese Pizza<br>½ 1 Cup Caesar Salad<br><br>Gluten free dough<br>          | <b>9</b><br>Classic Cheeseburger<br>½ Cup Tatar Tots<br><br>Gluten free bun<br>                                             |
| <b>Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable</b>                        |                                                                                                                                                                                |                                                                                                                                                                   |                                                                                                |                                                                                                                             |
| <b>12</b><br>                                                                                                                  | <b>13</b><br>Beef Nachos<br>Shredded Romaine<br>Fresh Diced Tomatoes<br>Salsa and Sour Cream<br>½ Cup Refried Beans<br><br>                                                    | <b>14</b><br>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy<br>1 Whole Grain Dinner Roll<br><br>Unbreaded chicken and gluten free bun<br> | <b>15</b><br>Pepperoni Pizza<br>½ Cup Baby Carrots<br><br>Gluten free dough<br>                | <b>16</b><br>Whole Grain Baked Ziti<br>One Whole Grain Dinner Roll<br>½ Cup Savory Green Beans<br><br>Gluten free Pasta<br> |
| <b>Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable</b>   |                                                                                                                                                                                |                                                                                                                                                                   |                                                                                                |                                                                                                                             |
| <b>19</b><br>Italian Beef Meatball Sub<br>½ Cup Steamed Broccoli<br><br>Gluten free bun<br>                                    | <b>20</b><br>Cheese Quesadilla<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br><br>Gluten free Grilled Cheese<br>                                                      | <b>21</b><br>Breaded Drumstick<br>½ Cup Steamed Baby Carrots<br>1 Whole Grain Dinner Roll<br><br>Unbreaded chicken and gluten free bun<br>                        | <b>22</b><br>Classic Cheese Pizza<br>½ Cup of Steamed Green beans<br><br>Gluten free dough<br> | <b>23</b><br>The Perfect Sloppy Joe<br>½ Cup Herb Roasted Potatoes<br><br>Gluten free bun<br>                               |
| <b>Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable</b>                                |                                                                                                                                                                                |                                                                                                                                                                   |                                                                                                |                                                                                                                             |
| <b>26</b><br>Macaroni and Cheese<br>½ Cup Savory Steamed Green Beans<br>1 Whole Grain Dinner Roll<br><br>Gluten free pasta<br> | <b>27</b><br>Chicken Tacos<br>Shredded Lettuce<br>Fresh Diced Tomatoes<br>Shredded Cheddar<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br><br>Corn Tortilla Chips<br> | <b>28</b><br>Chicken Nuggets<br>½ Cup Steamed Broccoli<br>1 Whole Grain Dinner Roll<br><br>Unbreaded chicken and gluten free bun<br>                              | <b>29</b><br>Pepperoni Pizza<br>1 Cup Garden Salad<br><br>Gluten free dough<br>                | <b>30</b><br>Chicken Meatballs<br>½ cup of Baby Carrots<br>2 Whole Grain Dinner Rolls<br><br>Gluten free bun<br>            |
| <b>Week 5: Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetables</b>                                                  |                                                                                                                                                                                |                                                                                                                                                                   |                                                                                                |                                                                                                                             |
| <b>Fresh Fruit and Vegetable Bar (Available Daily)</b>                                                                         |                                                                                                                                                                                |                                                                                                                                                                   |                                                                                                |                                                                                                                             |
| Fresh Sliced Cucumber<br>Fresh Baby Carrots<br>Fresh Whole Fruit<br>Assorted Chilled Fruit                                     | Fresh Red and Green Pepper Strips<br>Fresh Grape Tomatoes<br>Fresh Whole Fruit<br>Assorted Chilled Fruit                                                                       | Fresh Caesar Salad<br>German Potato Salad<br>Fresh Whole Fruit<br>Assorted Chilled Fruit                                                                          | Fresh Broccoli<br>Fresh Garbanzo Beans<br>Fresh Whole Fruit<br>Assorted Chilled Fruit          | Green Peas<br>Fresh Celery Sticks<br>Fresh Whole Fruit<br>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.



Visit [aces.nutrislice.com](https://aces.nutrislice.com) to see

your menu!

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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