



What's on the Menu?

aces
area cooperative educational services

Wintergreen November Lunch Menu

Staff Price \$5.55

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans Gluten free Pasta 	3 	4 Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun	5 Pepperoni Pizza 1 Cup Garden Salad  Gluten free dough	6  Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans 
Week 2: 1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable				
9 Chicken Parmesan Sandwich ½ Cup of Steamed Broccoli  Gluten free bun	10 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn  Corn Tortilla Chips	11 	12 Classic Cheese Pizza ½ 1 Cup Caesar Salad  Gluten free dough	13 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				
16 Chicken Meatballs ½ cup of Baby Carrots 2 Whole Grain Dinner Rolls  Gluten free bun	17 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn  Corn Tortilla Chip	18 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun	19 Pepperoni Pizza ½ Cup Baby Carrots  Gluten free dough	20 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				
23 Italian Beef Meatball Sub ½ Cup Steamed Broccoli  Gluten free bun	24 Roasted Turkey Chicken Gravy Savory Green Beans 2 Whole Grain Dinner Rolls  Gluten Free Bun	25 Chicken Nuggets ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun	26 27  THANKSGIVING BREAK	
Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable				
30 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll  Gluten free pasta				
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



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!
USDA is an equal opportunity employer and provider.

CHOOSE AT AT LEAST 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