

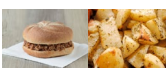
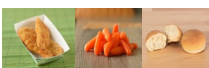
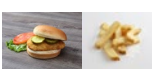
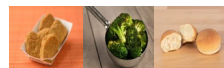
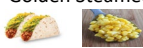
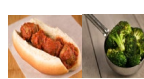
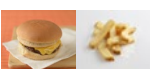


# What's on the Menu?

**aces**  
area cooperative educational services

## Wintergreen September Lunch Menu

**Staff Price \$5.25**

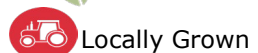
| Monday                                                                                                                                                                           |  | Wednesday                                                                                                                                                                                                                       |  | Thursday                                                                                                                                                                                 |  | Friday                                                                                                                                           |  |                                                                                                                                                                                                    |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 1<br>                                                                                            |  | 2<br>Whole Grain Baked Ziti<br>½ Cup Savory Green Beans<br>1 Whole Grain Dinner Roll<br>                                                       |  | 3<br>Philly Steak and Cheese Sandwich<br>½ Cup of Baby Carrots<br>                                      |  | 4<br>Pepperoni Pizza<br>½ Cup Steamed Broccoli<br>             |  | 5<br>The Perfect Sloppy Joe<br>½ Cup Herb Roasted Potatoes<br>                                                  |  |
| Week 1 :1) Hot 2) Muffin Fun Lunch includes 1 cup of fruit or 1 cup of vegetable                                                                                                 |  |                                                                                                                                                                                                                                 |  |                                                                                                                                                                                          |  |                                                                                                                                                  |  |                                                                                                                                                                                                    |  |
| 8<br>Chicken Parmesan Sandwich<br>½ Cup Steamed Green Beans<br>                                 |  | 9<br>Cheese Quesadilla<br>Salsa and Sour Cream<br>½ Cup Golden Steamed Corn<br>                                                                |  | 10<br>Whole Grain Crispy Chicken Tenders<br>½ Cup Steamed Baby Carrots<br>1 Whole Grain Dinner Roll<br> |  | 11<br>Classic Cheese Pizza<br>1 Cup Caesar Salad<br>           |  | 12<br>Chicken Patty Sandwich with Pickles, Lettuce and Tomato<br>½ Cup Oven Baked Fries<br>                     |  |
| Week 2 :1) Hot 2) Ham and Cheese Sandwich includes 1 cup of fruit and 1 cup of vegetable                                                                                         |  |                                                                                                                                                                                                                                 |  |                                                                                                                                                                                          |  |                                                                                                                                                  |  |                                                                                                                                                                                                    |  |
| 15<br>Classic Cheeseburger<br>½ Cup Tater Tots<br>                                              |  | 16<br>Beef Nachos<br>Shredded Romaine<br>Fresh Diced Tomatoes<br>Salsa and Sour Cream<br>½ Cup Refried Beans<br>                              |  | 17<br>Chicken Nuggets<br>½ Cup Steamed Broccoli<br>1 Whole Grain Dinner Roll<br>                        |  | 18<br>Pepperoni Pizza<br>1 Cup Garden Salad<br>                |  | 19<br>Barbecue Rib Sandwich<br>½ Cup of Savory Green Beans<br>                                                  |  |
| Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable                                                                                 |  |                                                                                                                                                                                                                                 |  |                                                                                                                                                                                          |  |                                                                                                                                                  |  |                                                                                                                                                                                                    |  |
| 22<br>Macaroni and Cheese<br>½ Cup Savory Steamed Green Beans<br>1 Whole Grain Dinner Roll<br> |  | 23<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>    |  | 24<br>Italian Meatball Sub<br>½ Cup Steamed Broccoli<br>                                              |  | 25<br>Classic Cheese Pizza<br>½ Cup Steamed Baby Carrots<br> |  | 26<br>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy<br>1 Whole Grain Dinner Roll<br> |  |
| Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable                                                            |  |                                                                                                                                                                                                                                 |  |                                                                                                                                                                                          |  |                                                                                                                                                  |  |                                                                                                                                                                                                    |  |
| 29<br>Classic Cheeseburger<br>½ Cup Oven Baked Fries<br>                                      |  | 30<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> |  |                                                                                                                                                                                          |  |                                                                                                                                                  |  |                                                                                                                                                                                                    |  |
| Week 5: 1) Hot Lunch 2) Bage Fun Lunch includes 1 cup of fruit or 1 cup of vegetable                                                                                             |  |                                                                                                                                                                                                                                 |  |                                                                                                                                                                                          |  |                                                                                                                                                  |  |                                                                                                                                                                                                    |  |
| Fresh Fruit and Vegetable Bar (Available Daily)                                                                                                                                  |  |                                                                                                                                                                                                                                 |  |                                                                                                                                                                                          |  |                                                                                                                                                  |  |                                                                                                                                                                                                    |  |
| <div>Fresh Sliced Cucumber</div> <div>Fresh Baby Carrots</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>                                                    |  | <div>Fresh Pepper Strips</div> <div>Fresh Grape Tomatoes</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>                                                                                                   |  | <div>Fresh Caesar Salad</div> <div>German Potato Salad</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>                                                              |  | <div>Fresh Broccoli</div> <div>Fresh Garbanzo Beans</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>                         |  | <div>Green Peas</div> <div>Fresh Celery Sticks</div> <div>Fresh Whole Fruit</div> <div>Assorted Chilled Fruit</div>                                                                                |  |



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



Visit [aces.nutrilice.com](http://aces.nutrilice.com) to see

your menu!

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