



# What's on the Menu?



## Mill September Lunch Menu

Staff Price \$4.35

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>First Day of SCHOOL</b> Classic Cheese Pizza 1 cup of Garden Salad 	Classic Cheeseburger ½ Cup Steamed Corn on the Cobb 
<b>Week 1 :1) Hot 2) Muffin Fun Lunch</b>				
	Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Chicken Nuggets ½ Cup Steamed Green Beans 	Classic Cheese Pizza Steamed Baby Carrots 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
<b>Week 2 :1) Hot 2) Bagel Fun Lunch</b>				
Italian Meatball Sub ½ Cup Oven Baked Crispy Waffle Fries 	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 	Classic Cheese Pizza 1 Cup Caesar Salad 	Macaroni and Cheese ½ Cup Savory Steamed Green Beans 
<b>Week 3: 1) Hot Lunch 2) Nacho Fun Lunch</b>				
Mashed Potato and Chicken Bowl with Shredded Cheddar 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Baked Ziti ½ Cup Savory Green Beans 	Classic Cheese Pizza 1 cup of Garden Salad 	Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges 
<b>Week 4: 1) Hot Lunch 2) Chef Salad with Two Warm Dinner Rolls (Light Ranch, Light Italian or Honey Mustard dressing)</b>				
Grilled Cheese 6oz of Tomato Soup 	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Barbecue Pork Riblet Hoagie ½ Cup of Steamed Cheezy Broccoli 	Classic Cheese Pizza 1 Cup Caesar Salad 	Crispy Chicken Ranch Wrap with Lettuce and Tomato ½ Cup Oven Baked Crispy Seasoned Fries 
<b>Week 5: 1) Hot Lunch 2) Sunbutter and Jelly Sandwich Fun Lunch</b>				
<b>Fresh Fruit and Vegetable Bar (Available Daily)</b>				
Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Caesar Salad Carrot and Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit

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