



What's on the Menu?



Mill September Lunch Menu

Staff Price \$4.35

Monday	Wednesday	Thursday	Friday	
			Classic Cheeseburger ½ Cup Steamed Corn on the Cobb 	
Week 1 :1) Hot 2) Muffin Fun Lunch				
	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll 	Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
Week 2 :1) Hot 2) Bagel Fun Lunch				
Grilled Cheese 6oz of Tomato Soup 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	Pepperoni Pizza ½ Cup Steamed Broccoli 	Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 
Week 3: 1) Hot Lunch 2) Nacho Fun Lunch				
Italian Meatball Sub ½ Cup of Steamed Cheezy Broccoli 	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	Classic Cheese Pizza 1 cup Caesar Salad 	Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges 
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls				
	Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	Pepperoni Pizza 1 Cup Garden Salad 	Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Steak Fries 
Week 5: 1) Hot Lunch 2) Cereal Fun Lunch				
Fresh Fruit and Vegetable Bar (Available Daily)				
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 Fresh 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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