



# What's on the Menu?



## Mill November Lunch Menu

Staff Price \$4.35

Monday		Wednesday	Thursday	Friday
		1 Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll 	2 Pepperoni Pizza 1 Cup Garden Salad 	3 Classic Cheeseburger ½ Cup Steamed Corn on the Cobb 
<b>Week 1 :1) Hot 2) Muffin Fun Lunch</b>				
6 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	7 	8 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 	9 Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	10 
<b>Week 2 :1) Hot 2) Bagel Fun Lunch</b>				
13 Grilled Cheese 6oz of Tomato Soup 	14 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	15 Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	16 Pepperoni Pizza ½ Cup Steamed Broccoli 	17 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 
<b>Week 3: 1) Hot Lunch 2) Nacho Fun Lunch</b>				
20 Italian Meatball Sub ½ Cup of Steamed Cheezy Broccoli 	21 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	22 Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Steak Fries 	23 	24 
<b>Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls</b>				
27 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	28 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	29 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges 	30 Classic Cheese Pizza 1 cup Caesar Salad 	
<b>Week 5: 1) Hot Lunch 2) Cereal 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 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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