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aces Center for Autism September Lunch Menu

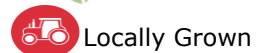
Staff Price \$4.35

Monday	Wednesday	Thursday	Friday
			Classic Cheeseburger ½ Cup Steamed Corn on the Cobb 
Week 1 :1) Hot 2) Turkey and Cheese Hoagie with Lettuce and Tomatoes			
4 	5 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	6 Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll 	7 Classic Cheese Pizza ½ Cup Steamed Baby Carrots 
			8 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
Week 2 :1) Hot 2) Chicken Patty Sandwich with Lettuce and Tomatoes			
15 Grilled Cheese 6oz of Tomato Soup 	16 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	17 Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	18 Pepperoni Pizza ½ Cup Steamed Broccoli 
			19 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 
Week 3: 1) Hot 2) Buffalo Chicken Wrap with Lettuce and Tomatoes			
22 Italian Meatball Sub ½ Cup of Steamed Cheezy Broccoli 	23 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	24 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	25 Classic Cheese Pizza 1 cup Caesar Salad 
			26 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			
25 	26 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	27 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	28 Pepperoni Pizza 1 Cup Garden Salad 
			29 Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Steak Fries 
Week 5: 1) Hot Lunch 2) Buffalo Chicken Pizza			
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



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!!!



Visit aces.nutrilslice.com to see your menu!

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