




















What's on the Menu?



Mill December Lunch Menu

Staff Price \$4.35

FRESH FRUIT & VEGETABLE PROGRAM

	Wednesday	Thursday	Friday
	2	1	2
		Classic Cheese Pizza 1 cup of Garden Salad 	Classic Cheeseburger ½ Cup Steamed Corn on the Cobb 
Week 1 :1) Hot 2) Muffin Fun Lunch			
Italian Meatball Sub ½ Cup Oven Baked Crispy Waffle Fries 	5	6	7
	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	Chicken Nuggets ½ Cup Steamed Green Beans 	8
		Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	9
		The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 	
Week 2 :1) Hot 2) Bagel Fun Lunch			
Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 	12	13	14
	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 	15
		Classic Cheese Pizza 1 Cup Caesar Salad 	16
		Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	
Week 3: 1) Hot Lunch 2) Nacho Fun Lunch 6-			
Grilled Cheese 6oz of Tomato Soup 	19	20	21
	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans 	22
		Roasted Turkey with Chicken Gravy Two Whole Grain Dinner Rolls ½ Cup of Steamed Cheezy Broccoli 	23
		Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges 	
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad Two Warm Dinner Rolls			
26	27	28	29



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 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!!!



Visit aces.nutrilslice.com to see your menu!

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