



aces
area cooperative educational services

What's on the Menu?



Mill April Lunch Menu

Staff Price \$5.25

Monday	Wednesday	Thursday	Friday
1	2	3	4
<p>Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream</p> 	<p>Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>Pepperoni Pizza ½ Cup Steamed Broccoli</p> 	<p>The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes</p> 
Week 1 :1) Hot 2) Muffin Fun Lunch includes 1 cup of fruit or 1 cup of vegetable			
7	8	9	10
<p>Chicken Parmesan Sandwich ½ Cup Steamed Green Beans</p> 	<p>Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll</p> 	<p>Classic Cheese Pizza 1 Cup Caesar Salad</p> 
11	<p>Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Tater Tots</p> 		
Week 2 :1) Hot 2) Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetable			
14	15	16	17
			
Week 3: NO SCHOOL			
21	22	23	24
<p>Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>Italian Meatball Sub ½ Cup Oven Baked Fries</p> 	<p>Classic Cheese Pizza ½ Cup Steamed Baby Carrots</p> 
25	<p>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll</p> 		
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable			
28	29	30	
<p>Classic Cheeseburger ½ Cup Oven Baked Fries</p> 	<p>Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>Philly Steak and Cheese Sandwich ½ Cup of Steamed Broccoli</p> 	
Week 5: 1) Hot Lunch 2) Cereal Fun Lunch includes 1 cup of fruit or 1 cup of vegetable			
Fresh Fruit and Vegetable Bar (Available Daily)			
<p>Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Pepper Strips Fresh Grape Tomatoes Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Fresh Caesar Salad Fresh Celery Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Fresh Broccoli Florets Garbanzo Beans Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>
			<p>Classic Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>



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

Visit aces.nutrislice.com to see your menu!

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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