



What's on the Menu?



Mill December Lunch Menu

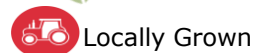
Staff Price \$5.25

Monday	Wednesday	Thursday	Friday
<p>Classic Cheeseburger 2 ½ Cup Baked Tater Tots</p>	<p>Chicken Tacos 3 Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p>	<p>Macaroni and Cheese 4 ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll</p>	<p>Pepperoni Pizza 5 ½ Cup Garden Salad</p>
<p>Week 2: 1) Hot 2) Turkey and Cheese Sandwich</p>			
<p>Chicken Parmesan Sandwich 9 ½ Cup Baked Tater Tots</p>	<p>Cheese Quesadilla 10 Salsa and Sour Cream ½ Cup Golden Steamed Corn</p>	<p>Whole Grain Baked Ziti 11 ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll</p>	<p>Classic Cheese Pizza 12 1 cup Caesar Salad</p>
<p>Week 3: 1) Hot Lunch 2) Muffin Fun Lunch</p>			
<p>Grilled Cheese 16 6oz of Tomato Soup</p>	<p>Beef Tacos 17 Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p>	<p>Whole Grain Crispy Chicken 18 Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll</p>	<p>Pepperoni Pizza 19 1 Cup Steamed Baby Carrots</p>
<p>Week 4 :1) Hot 2) Bagel Fun Lunch</p>			
<p>½ Cup of Fresh Fruit and Vegetable Bar (Available Daily)</p>			
<p>Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Red and Green 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>German 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, FRUIT, VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE SKIM, 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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