



What's on the Menu?



Mill February Lunch Menu

Staff Price \$5.25

Monday	Wednesday	Thursday	Friday	
3 Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Fries 	4 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	5 Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll 	6 Pepperoni Pizza ½ Cup Steamed Broccoli 	7 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
Week 2 :1) Hot 2) Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetable				
10 Chicken Parmesan Sandwich ½ Cup Tater Tots 	11 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	12 Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	13 Classic Cheese Pizza 1 Cup Caesar Salad 	14 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
17 	18 Classic Cheeseburger ½ Cup Oven Baked Fries 	19 Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans 	20 Pepperoni Pizza ½ Cup Steamed Broccoli 	21 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Tater Tots 
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable				
24 Grilled Cheese 6oz of Tomato Soup 	25 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	26 Italian Meatball Sub ½ Cup Oven Baked Fries 	27 Classic Cheese Pizza ½ Cup Steamed Baby Carrots 	28 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 
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)				
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, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE WHITE AND FAT FREE CHOCOLATE.

CHOOSE AT LEAST 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!

USDA is an equal opportunity employer and provider.

