



# What's on the Menu?



## Mill January Lunch Menu

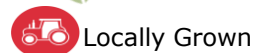
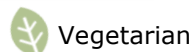
Staff Price \$5.25

Monday	Wednesday	Thursday	Friday
		<p>1</p> <p>Classic Cheese Pizza 1 cup of Garden Salad</p>	<p>2</p> <p>Classic Cheeseburger ½ Cup Tater Tots</p>
<b>Week 1 :1) Hot 2) Muffin Fun Lunch</b>			
<p>6</p> <p>Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Fries</p>	<p>7</p> <p>Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream</p>	<p>8</p> <p>Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll</p>	<p>9</p> <p>Pepperoni Pizza ½ Cup Steamed Broccoli</p>
<b>Week 2 :1) Hot 2) Bagel Fun Lunch</b>			
<p>13</p> <p>Chicken Parmesan Sandwich ½ Cup Tater Tots</p>	<p>14</p> <p>Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p>	<p>15</p> <p>Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll</p>	<p>16</p> <p>Classic Cheese Pizza 1 Cup Caesar Salad</p>
<b>Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich</b>			
<p>20</p>	<p>21</p>	<p>22</p> <p>Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans</p>	<p>23</p> <p>Pepperoni Pizza ½ Cup Steamed Broccoli</p>
<b>Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls</b>			
<p>27</p> <p>Grilled Cheese 6oz of Tomato Soup</p>	<p>28</p> <p>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p>	<p>29</p> <p>Italian Meatball Sub ½ Cup Oven Baked Fries</p>	<p>30</p> <p>Classic Cheese Pizza ½ Cup Steamed Baby Carrots</p>
<b>Week 5: 1) Hot Lunch 2) Cereal Fun Lunch</b>			
<b>Fresh Fruit and Vegetable Bar (Available Daily)</b>			
<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>



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](http://aces.nutrilslice.com) to see

your menu!

USDA is an equal opportunity employer and provider.