





















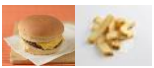
aces
area cooperative educational services

What's on the Menu?



Mill March Lunch Menu

Staff Price \$5.25

Monday	Wednesday	Thursday	Friday	
<p>3 Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Fries</p> 	<p>4 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream</p> 	<p>5 Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>6 Pepperoni Pizza ½ Cup Steamed Broccoli</p> 	<p>7 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				
<p>10 Chicken Parmesan Sandwich ½ Cup Tater Tots</p> 	<p>11 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>12 Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll</p> 	<p>13 Classic Cheese Pizza 1 Cup Caesar Salad</p> 	<p>14 </p>
Week 2 :1) Hot 2) Bagel Fun Lunch includes 1 cup of fruit or 1 cup of vegetable				
<p>17 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>18 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>19 Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Stemed Baby Carrot</p> 	<p>20 Pepperoni Pizza ½ Cup Steamed Broccoli</p> 	<p>21 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Tater Tots</p> 
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
<p>24 Grilled Cheese 6oz of Tomato Soup</p> 	<p>25 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>26 Italian Meatball Sub ½ Cup Oven Baked Fries</p> 	<p>27 Classic Cheese Pizza ½ Cup Steamed Baby Carrots</p> 	<p>28 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				
<p>31 Classic Cheeseburger ½ Cup Oven Baked Fries</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.

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.nutrislice.com to see your menu!

USA is an equal opportunity employer and provider.

