



What's on the Menu?



Mill November Lunch Menu

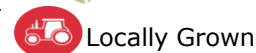
Staff Price \$5.25

Monday		Wednesday	Thursday	Friday
FRESH FRUIT & VEGETABLE PROGRAM				
Week 1 :1) Hot 2) Muffin Fun Lunch				
Classic Cheeseburger ½ Cup Steamed Corn on the Cobb 	4 	Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	Pepperoni Pizza ½ Cup Garden Salad 	1 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
Week 2: 1) Hot 2) Chicken Caesar Salad with two Whole Grain Dinner Rolls				
	11 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	12 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	13 Classic Cheese Pizza 1 cup Caesar Salad 	14 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges 
Week 3: 1) Hot Lunch 2) Nacho Fun Lunch				
18 Grilled Cheese 6oz of Tomato Soup 	19 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	20 Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	21 Pepperoni Pizza 1 Cup Steamed Broccoli 	22 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 
Week 4 :1) Hot 2) Bagel Fun Lunch				
25 Chicken Parmesan Sandwich Steamed Baby Carrots 	26 Beef, Bean and Cheddar Burrito ½ Cup Golden Steamed Corn 	27 Roasted Turkey ½ Cup Steamed Green Beans Two WG Dinner Rolls 	28 	29 
Week 5: 1) Hot Lunch 2) Cereal Fun Lunch				
½ Cup of Fresh Fruit and Vegetable Bar (Available Daily)				
Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Red and Green 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	German Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit



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 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!

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