



# What's on the Menu?



## Mill October Lunch Menu

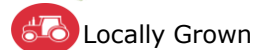
Staff Price \$4.50

Monday	Wednesday	Thursday	Friday	
<p>1</p> <p>Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream</p> 	<p>2</p> <p>Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>3</p> <p><i>Rosh Hashanah</i></p> 	<p>4</p> <p>The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes</p> 	
<b>Week 1 :1) Hot 2) Muffin Fun Lunch</b>				
<p>7</p> <p>Grilled Cheese 6oz of Tomato Soup</p> 	<p>8</p> <p>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>9</p> <p>Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll</p> 	<p>10</p> <p>Pepperoni Pizza ½ Cup Steamed Broccoli</p> 	<p>11</p> <p>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll</p> 
<b>Week 2 :1) Hot 2) Bagel Fun Lunch</b>				
<p>14</p> <p><b>INDIGENOUS PEOPLES' DAY</b></p> 	<p>15</p> <p>Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>16</p> <p>Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll</p> 	<p>17</p> <p>Classic Cheese Pizza 1 cup Caesar Salad</p> 	<p>18</p> <p>Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges</p> 
<b>Week 3: 1) Hot Lunch 2) Nacho Fun Lunch</b>				
<p>21</p> <p>Classic Cheeseburger ½ Cup Steamed Corn on the Cobb</p> 	<p>22</p> <p>Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>23</p> <p>Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>24</p> <p>Pepperoni Pizza 1 Cup Garden Salad</p> 	<p>25</p> <p>Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Fries</p> 
<b>Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls</b>				
<p>28</p> <p>Chicken Parmesan Sandwich Steamed Baby Carrots</p> 	<p>29</p> <p>Beef, Bean and Cheddar Burrito ½ Cup Golden Steamed Corn</p> 	<p>30</p> <p>Italian Beef Meatball Sub ½ Cup of Steamed Cheezy Broccoli</p> 	<p>31</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>	<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, 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!!!



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