


















What's on the Menu?

aces Center for Autism December Lunch Menu

Staff Price \$5.25

Monday		Wednesday	Thursday	Friday
<p>Classic Cheeseburger 2 ½ Cup Baked Tater Tots</p> 	<p>Chicken Tacos 3 Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>Macaroni and Cheese 4 ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll</p> 	<p>Pepperoni Pizza 5 ½ Cup Garden Salad</p> 	<p>Philly Steak and Cheese Sandwich 6 ½ Cup of Oven Baked Fries</p> 
Week 2: 1) Hot 2) Week 1 :1) Hot 2) Turkey and Cheese Sandwich				
<p>Chicken Parmesan Sandwich 9 ½ Cup Baked Tater Tots</p> 	<p>Cheese Quesadilla 10 Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>Whole Grain Baked Ziti 11 ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll</p> 	<p>Classic Cheese Pizza 12 1 cup Caesar Salad</p> 	<p>Chicken Patty Sandwich with Pickles, Lettuce and Tomato 13 ½ Cup of Oven Baked Fries</p> 
Week 3: 1) Hot Lunch 2) Buffalo Chicken Wrap				
<p>Grilled Cheese 16 6oz of Tomato Soup</p> 	<p>Beef Tacos 17 Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>Whole Grain Crispy Chicken Tenders 18 ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll</p> 	<p>Pepperoni Pizza 19 1 Cup Steamed Baby Carrots</p> 	<p>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 20 1 Whole Grain Dinner Roll</p> 
Week 4 1) Hot 2) Chicken Patti Sandwich				



½ Cup of Fresh Fruit and Vegetable Bar (Available Daily)

<p>Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>	<p>Red and Green 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>German Potato Salad Power Peas Assorted Fresh Fruit (LG) Assorted Chilled Fruit</p>
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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 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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