



# What's on the Menu?

## aces Center for Autism November Lunch Menu

Staff Price \$5.25

Monday	Wednesday	Thursday	Friday
			1 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
<b>Week 1 :1) Hot 2) Turkey and Cheese Sandwich</b>			
4 Classic Cheeseburger ½ Cup Steamed Corn on the Cobb 	5  1 Whole Grain Dinner Roll	6 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	7 Pepperoni Pizza ½ Cup Garden Salad 
<b>Week 2: 1) Hot 2) Chicken Caesar Salad with two Whole Grain Dinner Rolls</b>			
11 	12 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	13 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll 	14 Classic Cheese Pizza 1 cup Caesar Salad 
<b>Week 3: 1) Hot Lunch 2) Buffalo Chicken Wrap</b>			
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 
<b>Week 4 1) Hot 2) Chicken Patti Sandwich</b>			
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 
<b>Week 5: 1) Hot Lunch 2) Buffalo Chicken Pizza</b>			
<b>½ Cup of Fresh Fruit and Vegetable Bar (Available Daily)</b>			
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
			29 



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

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