



What's on the Menu?

aces
area cooperative educational services

Center for Autism October Lunch Menu

Staff Price \$4.50

Monday	Wednesday	Thursday	Friday	
<p>FRESH FRUIT & VEGETABLE PROGRAM</p>	<p>1 Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream</p> 	<p>2 Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>3 <i>Rosh Hashanah</i></p> 	<p>4 The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes</p> 
Week 1 : 1) Hot 2) Turkey and Cheese Sandwich				
<p>7 Grilled Cheese 6oz of Tomato Soup</p> 	<p>8 Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>9 Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll</p> 	<p>10 Pepperoni Pizza ½ Cup Steamed Broccoli</p> 	<p>11 Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll</p> 
Week 2 : 1) Hot 2) Chicken Patty Sandwich				
<p>14 INDIGENOUS PEOPLES' DAY</p> 	<p>15 Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>16 Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll</p> 	<p>17 Classic Cheese Pizza 1 cup Caesar Salad</p> 	<p>18 Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges</p> 
Week 3: 1) Hot Lunch 2) Buffalo Chicken Wrap				
<p>21 Classic Cheeseburger ½ Cup Steamed Corn on the Cobb</p> 	<p>22 Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>23 Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>24 Pepperoni Pizza 1 Cup Garden Salad</p> 	<p>25 Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Fries</p> 
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls				
<p>28 Chicken Parmesan Sandwich Steamed Baby Carrots</p> 	<p>29 Beef, Bean and Cheddar Burrito ½ Cup Golden Steamed Corn</p> 	<p>30 Italian Beef Meatball Sub ½ Cup of Steamed Cheezy Broccoli</p> 	<p>31 Classic Cheese Pizza ½ Cup Steamed Baby Carrots</p> 	
Week 5: 1) Hot Lunch 2) Buffalo Chicken Pizza				
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, 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!!!

Vegetarian



Visit aces.nutrilslice.com to see your menu!

USA is an equal opportunity employer and provider.