



# What's on the Menu?



## Village January Lunch Menu

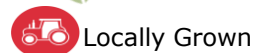
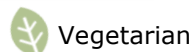
Staff Price \$5.25

Monday	Wednesday	Thursday	Friday
		Classic Cheese Pizza 1 cup of Garden Salad 	Classic Cheeseburger ½ Cup Tater Tots 
<b>Week 1 :1) Hot 2) Muffin Fun Lunch</b>			
Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Fries 	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	Chicken Nuggets ½ Cup Steamed Green Beans 1 Whole Grain Dinner Roll 	Pepperoni Pizza ½ Cup Steamed Broccoli 
<b>Week 2 :1) Hot 2) Bagel Fun Lunch</b>			
Chicken Parmesan Sandwich ½ Cup Tater Tots 	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll 	Classic Cheese Pizza 1 Cup Caesar Salad 
<b>Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich</b>			
		Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans 	Pepperoni Pizza ½ Cup Steamed Broccoli 
<b>Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls</b>			
Grilled Cheese 6oz of Tomato Soup 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Italian Meatball Sub ½ Cup Oven Baked Fries 	Classic Cheese Pizza ½ Cup Steamed Baby Carrots 
<b>Week 5: 1) Hot Lunch 2) Cereal Fun Lunch</b>			
<b>Fresh Fruit and Vegetable Bar (Available Daily)</b>			
Sliced Cucumber Fresh Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit	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
Classic 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 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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your menu!

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