



# What's on the Menu?



## Wintergreen October Lunch Menu

Staff Price \$4.50

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



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.

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

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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