



What's on the Menu?



Wintergreen November Lunch Menu

Staff Price \$5.25

Monday		Wednesday	Thursday	Friday
				<p>The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes</p> 
Week 1 :1) Hot 2) Muffin Fun Lunch				
<p>Classic Cheeseburger ½ Cup Steamed Corn on the Cobb</p> 	<p>PROFESSIONAL DEVELOPMENT NO SCHOOL FOR STUDENTS</p> 	<p>Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll</p> 	<p>Pepperoni Pizza ½ Cup Garden Salad</p> 	<p>Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Fries</p> 
Week 2: 1) Hot 2) Chicken Caesar Salad with two Whole Grain Dinner Rolls				
	<p>Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>Whole Grain Baked Ziti ½ Cup Savory Green Beans 1 Whole Grain Dinner Roll</p> 	<p>Classic Cheese Pizza 1 cup Caesar Salad</p> 	<p>Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges</p> 
Week 3: 1) Hot Lunch 2) Nacho Fun Lunch				
<p>Grilled Cheese 6oz of Tomato Soup</p> 	<p>Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn</p> 	<p>Whole Grain Crispy Chicken Tenders ½ Cup Oven Baked Crispy Seasoned Fries 1 Whole Grain Dinner Roll</p> 	<p>Pepperoni Pizza 1 Cup Steamed Broccoli</p> 	<p>Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll</p> 
Week 4 :1) Hot 2) Bagel Fun Lunch				
<p>Chicken Parmesan Sandwich Steamed Baby Carrots</p> 	<p>Beef, Bean and Cheddar Burrito ½ Cup Golden Steamed Corn</p> 	<p>Roasted Turkey ½ Cup Steamed Green Beans Two WG Dinner Rolls</p> 	<p>HAPPY Thanksgiving</p> 	 <p>Stay Healthy. Stay Secure.</p>
Week 5: 1) Hot Lunch 2) Cereal Fun Lunch				
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>



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!!!



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