



What's on the Menu?



Mill March Lunch Menu

Staff Price \$4.35

Monday		Wednesday	Thursday	Friday
				Classic Cheeseburger ½ Cup Steamed Corn on the Cobb 
Week 1 :1) Hot 2) Turkey and Cheese Hoagie with Lettuce and Tomatoes				
Italian Meatball Sub ½ Cup Oven Baked Crispy Waffle Fries 	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream 	Chicken Nuggets ½ Cup Steamed Green Beans 	Pepperoni Pizza Steamed Baby Carrots 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes 
Week 2 :1) Hot 2) Bagel Fun Lunch				
Grilled Cheese 6oz of Tomato Soup 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Crispy Chicken Tenders 1 Whole Grain Dinner Roll ½ Cup Oven Baked Crispy Seasoned Fries 	Classic Cheese Pizza 1 Cup Caesar Salad 	
Week 3: 1) Hot Lunch 2) Nacho Fun Lunch				
Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll 	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Whole Grain Baked Ziti 1 Whole Grain Dinner Roll ½ Cup Savory Green Beans 	Pepperoni Pizza Steamed Broccoli 	Chicken Patty Sandwich with Pickles, Lettuce and Tomato ½ Cup Oven Baked Potato Wedges 
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls				
Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll 	Chicken Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn 	Philly Steak and Cheese Sandwich ½ Cup of Oven Baked Steak Fries 	Classic Cheese Pizza 1 Cup Caesar Salad 	
Week 5: 1) Hot Lunch 2) Muffin Fun Lunch				
Fresh Fruit and Vegetable Bar (Available Daily)				
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!!!

Visit aces.nutrilslice.com to see your menu!

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