

# AES Lunch Menu October 2024

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## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



## Fruit Variety Offered Daily

May include:

Apple Slices	Oranges
Apples	Bananas
Applesauce	Peaches
Pears	Mixed Fruit
Craisins	Raisins

## Fresh Veggies Offered Daily

May Include:

Garden Side Salad	Broccoli Florets
Baby Carrots	Celery Sticks
Cauliflower	Garbanzo Beans

**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

FF Chocolate, FF Strawberry,  
and Low Fat White

**Lunch Prices:**  
Free (CEP)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Italian Dunkers w/Pizza Sauce Carrots	2 Dutch Waffle & Chicken Nuggets Fries	3 Chicken Bacon Ranch Panini Green Beans	4 Soft Beef Taco Corn
7 Hot Ham & Cheese on Ciabatta Carrots	8 French Toast Sticks w/Sausage Tater Tots	9 Chicken Nachos w/Cheese Sauce Seasoned Refried Beans	10 Buffalo Chicken Alfredo w/Garlic Toast Broccoli	11 Beefaroni w/Sliced Bread Green Beans
14 No School Teacher's In-Service Day	15 Chicken & Veggie Lo Mein w/Sliced Bread Oriental Veggies	16 Loaded Chicken Totcho Bowl Tater Tots <b>Chickpea Tomato Salad</b>	17 Nashville Hot Honey Chicken Sandwich Carrots	18 Breaded Pork Patty w/Sliced Bread Mashed Potatoes w/Gravy
21 Pigs in a Blanket Baked Beans	22 Chicken Parm w/Pasta Green Beans	23 Queso Cheesesteak Hoagie Broccoli	24 Grilled Cheese w/Tomato Soup Carrots	25 Chicken Nuggets w/Buttered Noodles Fries
28 Meatball Mashed Potato Bowl <b>Creamy Cucumber Salad</b>	29 Chicken Enchilada Dip w/Tortilla Chips & Sliced Bread Corn	30 Italian Stromboli Green Beans	31 Orange Kissed Chicken Bowl Broccoli	
Alternate Choices				
Cheeseburger Salad w/Turkey & Bread Bologna & Cheese Sandwich PB&J	Corn Dog Nuggets Italian Hoagie Turkey & Cheese Munchable PB&J	Fiestada Pizza Salad w/Turkey & Bread Ham & Cheese Sandwich PB&J	Hot Sicilian Hoagie Turkey & Cheese Sandwich Build Your Own Pizza Munchable PB&J	Spicy Chicken Sandwich Salad w/Turkey & Bread Ham & Cheese Sandwich PB&J