



Lunch Menu



January-2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		January 2, 2012	January 3, 2012	January 4, 2012	January 5, 2012	January 6, 2012
W E E K	M E N U	BBQ Meatballs Corn Raisins Goldfish Pretzels 	Deep Dish Cheese Pizza+ Mixed Fruit Pumpkin Bread 	Sloppy Joe on a Bun Mixed Vegetables Lemon Cookie	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	Mini Chicken Sandwiches Tossed Salad Snickerdoodle Cookie Ranch Dressing BBQ Sauce
	I M E N U	Whole-Grain Pasta with Meat Sauce Peas & Carrots 100% Fruit Juice Snickerdoodle Cookie	Fiesta Burrito+ Pears Sunshine Cake Taco Sauce Ranch Dressing	Chicken Sticks Seasoned Potatoes Fresh Fruit Animal Crackers BBQ Sauce 	Soft Shell Tacos Taco Salad Apple Spice Bread Taco Sauce	Beef & Tomato with Wheat Pitas Zucchini Delight Homemade Granola Bar
		January 9, 2012	January 10, 2012	January 11, 2012	January 12, 2012	January 13, 2012
W E E K	M E N U	Tex-Mex Chili Mac Diced Carrots 100% Fruit Juice Chocolate Chip Cookie 	Hamburger on a Bun Peas Fresh Fruit Strawberry Whole-Grain Crackers Ketchup 	Mini Corn Dogs Country Vegetable Blend Fresh Apples Oatmeal Raisin Cookie Ketchup 	Nacho Combo Chili Fresh Baby Carrots	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing
	2	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Mini Apple Cinnamon Loaf	Penne with Marinara Sauce+ Country Vegetable Blend Pineapple Banana Bread 	Max Pizza Stix with Zesty Marinara+ Tossed Salad Oats & Honey Goldfish Grahams French Dressing	Breaded Chicken on a Wheat Bun Corn 100% Fruit Juice Gingersnap Cookie BBQ Sauce	Beef Taco Salad with Tri-Color Tortilla Strips Fresh Baby Carrots Taco Sauce Ranch Dressing
		January 16, 2012	January 17, 2012	January 18, 2012	January 19, 2012	January 26, 2012
W E E K	M E N U	Sloppy Joe on a Bun Green Beans M&M Cookie 	Whole Wheat Spaghetti with Meatballs Zucchini Delight 100% Fruit Juice Mini Blueberry Loaf 	Ultragrain Stuffed Crust Cheese Pizza+ Fresh Baby Carrots Apple Spice Bread Fat-Free Ranch Dressing	Pancakes Sausage Links* Fresh Fruit Animal Crackers Syrup	Chicken Soft Tacos Taco Salad Chocolate Cake Taco Sauce
	3	Chicken Tenders Whipped Potatoes 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce	Santa Fe Chili Warm Cornbread Peaches Oatmeal Raisin Cookie 	Teriyaki Meatballs Green Beans Mixed Fruit Zucchini Bread 	Hot Turkey Ham & Cheese Sandwich Fresh Apples Goldfish Pretzels 	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard

Color Me Orange/Yellow

The orange and yellow color group is the focus for January. Some of the fruits and vegetables in this category include tangerines, sweet potatoes, lemons, sweet corn, and yellow watermelon. These delicious foods boost your immune system and help your vision and heart. Next month, we take a look at the green group.

What's New?

We're adding extra magic to our menus with our latest offering:

Zucchini Delight - Try this flavorful dish with antioxidant-boosting zucchini, diced tomato, red peppers, and a variety of seasonings. Yum!

Meals Served with Milk

Milk and Yogurt Provided By FSP Contain No Growth Hormones or Antibiotics





Lunch Menu



January-2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		January 23, 2012	January 24, 2012	January 25, 2012	January 26, 2012	January 27, 2012
W E E K	M E N U	Chicken Nuggets Diced Carrots 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce 	Beef & Tomato with Wheat Pitas Corn Homemade Granola Bar	Mini Beef Ravioli Country Vegetable Blend Fresh Fruit Lemon Cookie 	Hot Dog on a Bun French Fries Blueberry Fruit & Grain Bar Ketchup Mustard	Deep Dish Cheese Pizza* Tossed Salad Zucchini Bread French Dressing
	4	Whole-Grain Pasta with Meat Sauce Peas Cinnamon Applesauce Pumpkin Bread	Mini Corn Dogs Mixed Vegetables 100% Fruit Juice Blueberry Fruit & Grain Bar Ketchup	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	Turkey Sloppy Joe on a Wheat Bun  Corn Snickerdoodle Cookie 	Grilled Chicken on a Wheat Bun  Diced Carrots Fresh Apple Mini Banana Loaf BBQ Sauce

		January 30, 2012	January 31, 2012	Green Pathways
W E E K	M E N U	Penne with Marinara Sauce* Peas Applesauce Chocolate Brownie 	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Non-Fat Fruit Yogurt	<p>Periodically, FSP will showcase our food service partners. Frank Farms is a family-owned operation located in Berrien Center, Michigan. It started as a small farm in 1909 and has expanded through the years. In addition to growing crops such as green beans, bell peppers, squash, and apples, the Frank family runs a wholesale and retail business. They also offer the general public the opportunity to pick seasonal crops for home use.</p> 
	5	Frank-n-Blanket Mixed Fruit Apple Spice Bread Ketchup Mustard	Chicken Tenders Whipped Potatoes Fresh Baby Carrots Lemon Cookie BBQ Sauce Ranch Dressing	

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Chef Solus WordSearch Puzzle!

r r t u a n n v a t a s
 a t a o s e o o y e a t
 h c v i l t c t c u i o r
 e o o t o u r v a m a s
 a b c e r t i f a d p a
 l e a h r t l i t l i c i
 t e d i a e o c n b s b
 h t o m c l c a a t e n
 y s l i n h c c u z a r
 d n c z i h o y t c i r
 s e r o d s r e p p e p
 p i r c a b b a g e c o

BROCCOLI
CARROTS
CABBAGE
LETTUCE
BEEFS
TOMATO
PEPPERS
RADICCHIO
SPINACH
ZUCCHINI
AVOCADO
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FLmP-MC NMA NMB

*Item may contain pork or pork-derived ingredient
*Indicates that the entire is meatless

Emergency Substitutions May be Required
Additional Bread Item is Available For Grades 7 and 8.