



Lunch Menu

FSP
March-2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		What's New? Ginger-Soy Pork Rice Bowl* - Braised pork and veggies are bathed in a vibrant ginger and soy sauce and served with seasoned brown rice for a taste sensation. Fish Sticks - Golden goodness that's a great addition to the menu mix. Brown Rice Pilaf - We've added more nutrients to this popular and flavorful dish by substituting brown rice for white rice.			March 1, 2012 Tex-Mex Chili Mac Diced Carrots 100% Fruit Juice Goldfish Pretzels 	March 2, 2012 Deep Dish Cheese Pizza+ Tossed Salad Zucchini Bread Ranch Dressing Grilled Cheese on Whole-Grain Bread+ Fresh Apple Oatmeal Raisin Cookie
		March 5, 2012 Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Graham Crackers	March 6, 2012 Max Pizza Stix with Zesty Marinara+ Pineapple Strawberry Whole-Grain Crackers	NEW March 7, 2012 Ginger-Soy Pork Rice Bowl* Fresh Fruit Vanilla Cookie 	March 8, 2012 Soft Shell Tacos Taco Salad Pumpkin Bread Taco Sauce	March 9, 2012 Penne with Marinara Sauce+ Peas Applesauce Chocolate Cake
		BBQ Meatballs Diced Carrots Raisins 100% Whole-Wheat Roll 	Santa Fe Beef Chili Warm Cornbread 100% Fruit Juice Strawberry Whole-Grain Crackers	Hamburger on a Wheat Bun Mixed Vegetables Fresh Apple Vanilla Cookie Ketchup 	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Graham Crackers	NEW Fish Sticks+ Corn Tossed Salad Apple Spice Bread Tartar Sauce Ranch Dressing
		March 12, 2012 Sloppy Joe on a Bun Mixed Vegetables Snickerdoodle Cookie	March 13, 2012 Salisbury Steak with Gravy Whipped Potatoes 100% Fruit Juice 100% Whole-Grain White Roll	March 14, 2012 Mini Chicken Sandwiches Fresh Baby Carrots Apple Spice Bread BBQ Sauce Ranch Dressing	March 15, 2012 Teriyaki Meatballs Rice Pilaf Fresh Apple Mini Cinnamon Grahams 	March 16, 2012 Ultragrain Stuffed Crust Cheese Pizza+ Fresh Fruit Green M&M Cookie
		Chicken Tenders Seasoned Potatoes 100% Fruit Juice Oats & Honey Goldfish Grahams BBQ Sauce 	Whole-Grain Pasta with Meat Sauce Peas Mixed Fruit Sunshine Cake	Beef Pita Calabrese Country Vegetable Blend Homemade Granola Bar	Chicken Soft Tacos Taco Salad Zucchini Bread Taco Sauce	Fiesta Burrito+ Fresh Fruit Mini Blueberry Loaf Taco Sauce Ranch Dressing

Color Me Blue/Purple

We continue our review of eating the rainbow by focusing on the blue/purple group. Purple and blue produce helps to lower the risk of some cancers, promote urinary tract health, and maintain memory function. Blue and purple fruits and vegetables add beautiful color to your plate and health-enhancing antioxidants, phytochemicals, and flavonoids to your diet. As an example, blueberries are rich in vitamin C, folic acid, potassium, and fiber. In April, we take a look at the last color group: white/brown/tan.

Green Pathways

FSP offers whole-grain selections to enhance student well-being. Whole grains are a good source of fiber, B-vitamins, vitamin E, potassium, and magnesium. People see the term "whole grain," but may not know what it means. It simply means the whole grain kernel, which includes the bran, endosperm, and germ, is intact. Whole-grain foods contain more trace minerals and dietary fiber than enriched grain products.

Meals Served with Milk

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

FLmP-MC NMA NMB

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

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



Lunch Menu



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		March 19, 2012	March 20, 2012	March 21, 2012	March 22, 2012	March 23, 2012
W E E K	M E N U	Hamburger on a Bun Seasoned Potatoes Applesauce Vanilla Cookie Ketchup 	Nacho Combo Chili Fresh Baby Carrots	Whole-Grain Pasta with Meat Sauce Garlic Bread Fresh Fruit Oatmeal Raisin Cookie	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Ranch Dressing	Grilled Cheese on Whole-Grain Bread+ Fresh Apple Goldfish Pretzels
	4	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard	Chicken Nuggets Green Beans Raisins Banana Cookie BBQ Sauce 	Teriyaki Meatballs Brown Rice Pilaf Pineapple Pumpkin Bread	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Snickerdoodle Cookie	Max Pizza Stix with Zesty Marinara+ Fresh Apple Goldfish Pretzels
		March 26, 2012	March 27, 2012	March 28, 2012	March 29, 2012	March 30, 2012
W E E K	M E N U	Whole-Wheat Spaghetti with Meatballs Broccoli 100% Fruit Juice 100% Whole-Grain White Roll	Beef Pita Calabrese Corn Banana Cookie 	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard	Chicken Nuggets Cheesy Potatoes Fresh Apple Snickerdoodle Cookie BBQ Sauce 	Deep Dish Cheese Pizza+ Tossed Salad Apple Spice Bread Fat-Free French Dressing
	5	Island Burger on a Bun Country Vegetable Blend Peaches Apple Spice Bread Ketchup	Breaded Chicken on a Wheat Bun Peas 100% Fruit Juice Gingersnap Cookie BBQ Sauce	Beef Taco Salad with Tri-Color Tortilla Strips Fresh Baby Carrots Taco Sauce Ranch Dressing	Turkey Sloppy Joe on a Wheat Bun Corn Oatmeal Raisin Cookie	Penne with Marinara Sauce+ Green Beans Fresh Fruit Mini Cinnamon Grahams

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Scrambled St. Patrick's Day

How many of these St. Patrick's Day words and phrases can you unscramble?

1. ahMcr _____	11. rogaen _____
2. dogo kudl _____	12. iswh _____
3. oabrnw _____	13. eadcn _____
4. enrige _____	14. aurnclpoeih _____
5. cmhrakos _____	15. gprni _____
6. pto fo dglp _____	16. toani _____
7. evlorc _____	17. igj _____
8. rpha _____	18. cramb _____
9. leardnl _____	19. aapedr _____
10. camgi _____	20. reBnaly ctnSe _____

How many words did you unscramble?


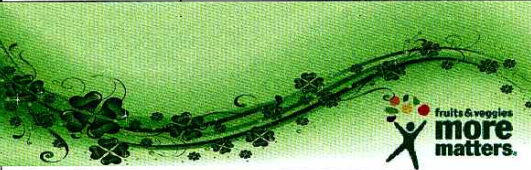














1 - 2 words - Lucky the Leprechaun returned you!
 3-10 words - You're skip off the old Blarney Stone!
 11 - 15 words - You're done as a leprechaun!
 16-19 words - You're near a four-leaf clover!
 20 words - You ate all the gold at the end of the rainbow!

Super Teacher Worksheets - www.superteacherworksheets.com

Answers

1. ahMcr	March
2. dogo kudl	good luck
3. oabrnw	rainbow
4. enrige	green
5. cmhrakos	shamrocks
6. pto fo dglp	pot of gold
7. evlorc	clover
8. rpha	harp
9. leardnl	Ireland
10. camgi	magic
11. rogaen	orange
12. iswh	wish
13. eadcn	dance
14. aurnclpoeih	leprechaun
15. gprni	spring
16. toani	saint
17. igj	jig
18. cramb	cham
19. aapedr	parade
20. reBnaly ctnSe	Blarney Stone

Fresh Expectations

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 				March 1, 2012 Chicken Soft Tacos Taco Salad Fresh Tangelo** Pumpkin Seeds Salsa 	March 2, 2012 Cheese Ravioli with Homemade Marinara+ Green Beans Honeydew Melon** Soft Whole-Grain Breadstick 
				March 5, 2012 Meatball Sandwich on a Whole-Grain Roll Fresh Kiwi** Fresh Carrots	March 6, 2012 Chicken Tinga with Whole-Grain Tortillas Corn Coblette Fresh Apple** 
Week 2 	March 12, 2012 Roasted Chicken Drumstick Mixed Vegetables Fresh Tangelo** Fresh-Baked Apple Spice Bread 	March 13, 2012 Grass-Fed Beef Hot Dog on a White Whole-Grain Bun Smashed Cinnamon Sweet Potatoes Fresh Granny Smith Apple** Ketchup Mustard 	March 14, 2012 Steak Fajitas with Sweet Peppers, Onions & Whole-Grain Tortillas Fresh Mango Bites** Salsa	March 15, 2012 Buffalo Chicken Wrap Fresh Orange** Celery Sticks Light Ranch Dressing	March 16, 2012 Baked Penne with Marinara & Mozzarella+ Fresh Zucchini Sticks Fresh Pear** Sunflower Seeds Fresh-Baked Oatmeal Raisin Cookie
	March 19, 2012 Multi-Grain Rotini with Homemade Meat Sauce Cucumber Slices Fresh Apple** Fresh-Baked Roll 	March 20, 2012 Lemon Roasted Chicken Warm Cornbread Celery Sticks Fresh Orange** Fresh-Baked Banana Cookie Light Ranch Dressing	March 21, 2012 Beef Soft Tacos Taco Salad with Black Beans & Corn Spanish Rice Fresh Papaya** Salsa 	March 22, 2012 Italian Beef on a Wheat French Roll Sweet Peppers & Onions Fresh Pear**	March 23, 2012 Macaroni & Cheese with Multi-Grain Pasta+ Fresh Broccoli Florets Grapes** Light Ranch Dressing
Week 3 	March 26, 2012 Roast Turkey with Gravy Homemade Mashed Potatoes Fresh Pear** Fresh-Baked Multi-Grain Roll	March 27, 2012 BBQ Chicken Pizza Fresh Broccoli Florets Fresh Apple** Light Ranch Dressing 	March 28, 2012 Roast Beef & Cheddar Cheese on Sourdough with Lettuce & Tomato Roasted Potatoes Fresh Kiwi** Horseradish Dijon Sauce	March 29, 2012 Chicken Soft Tacos Taco Salad Fresh Pineapple** Pumpkin Seeds Salsa 	March 30, 2012 Cheese Ravioli with Homemade Marinara+ Green Beans Honeydew Melon** Soft Whole-Grain Breadstick 
	March 5, 2012 Meatball Sandwich on a Whole-Grain Roll Fresh Kiwi** Fresh Carrots	March 6, 2012 Chicken Tinga with Whole-Grain Tortillas Corn Coblette Fresh Apple** 	March 7, 2012 BBQ Pulled Pork Sandwiches on Mini Whole-Grain Rolls Fresh Broccoli Florets Fresh Pear** Light Ranch Dressing	March 8, 2012 Chicken Stir-Fry Brown Rice Fresh Pineapple** Fresh-Baked Snickerdoodle Cookie	March 9, 2012 Homemade Cheese Pizza+ Golden-Sauce Grapes** Honey Mustard Dressing 

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