







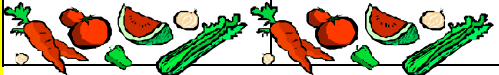








LUNCH MENU



March-2010

I-H-Z-O-M-Z-O-H-A-C-Z-A-Z-O-H-A-Z

MONDAY March 1, 2010	TUESDAY March 2, 2010	WEDNESDAY March 3, 2010	THURSDAY March 4, 2010	FRIDAY March 5, 2010
Mini Corn Dogs Peas & Diced Carrots Applesauce Oatmeal Raisin Cookie Ketchup 	Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Mini ABC Pretzels 	Crispy Chicken Wrap with Lettuce, Tomatoes & Cheese Zucchini Bread Fat-Free Ranch Dressing	Hamburger on a Bun Corn Fresh Fruit Lemon Cookie Ketchup 	Macaroni & Cheese+ Hearty Wheat Breadstick Fresh Baby Carrots Vanilla Whole-Grain Crackers
March 8, 2010	March 9, 2010	March 10, 2010	March 11, 2010	March 12, 2010
Pancakes Sausage Links* 100% Fruit Juice Animal Crackers Syrup 	Spaghetti with Meatballs Garlic Bread 100% Fruit Juice Snickerdoodle Cookie	Chicken Sticks Cheesy Potatoes Fresh Fruit 100% Whole Wheat Roll BBQ Sauce 	Taco Boat Taco Salad Apple Spice Bread Taco Sauce	Ultragrain Stuffed Crust Cheese Pizza+ Fresh Baby Carrots Sunshine Cake Fat-Free Ranch Dressing
March 15, 2010	March 16, 2010	March 17, 2010	March 18, 2010	March 19, 2010
Chicken Tenders Diced Carrots Pears 100% Whole-Grain White Roll BBQ Sauce  	Chef Boyardee Beef Ravioli Garlic Bread 100% Fruit Juice Strawberry Whole-Grain Crackers	Wheat Pizza Pita Cinnamon Applesauce Chocolate Cake 	Hot Dog on a Bun French Fries Welch's Fruit Snacks Ketchup Mustard 	Macaroni & Cheese+ Hearty Wheat Breadstick Fresh Fruit Trail Mix
March 22, 2010	March 23, 2010	March 24, 2010	March 25, 2010	March 26, 2010
Penne with Marinara Sauce+ Garlic Bread Fresh Baby Carrots Mini Cinnamon Grahams	Veggie Burrito+ 100% Fruit Juice Chocolate Chip Cookie 	Hot Turkey Ham & Cheese Sandwich Non-Fat Fruited Yogurt Vanilla Whole-Grain Crackers 	Soft Shell Tacos Taco Salad Banana Bread Taco Sauce	Max Pizza Sticks with Zesty Marinara+ Fresh Fruit Chocolate Brownie
March 29, 2010	March 30, 2010	March 31, 2010	The Rainbow Connection The more colors you incorporate into your meals, the greater your exposure to a variety of heart healthy antioxidants. Fruits and veggies have the greatest variety of color, and making more colorful meals means you're taking advantage of their heart-friendly properties. Contact our Nutri-Line, at 773.385.6020 or nutritioninfo@fspro.com, if you have nutrition-related questions. Visit www.fspro.com for allergen information.	
Mini Chicken Sandwiches 100% Fruit Juice Snickerdoodle Cookie BBQ Sauce 	Sloppy Joe on a Bun Corn Lemon Cookie	Nacho Combo Chili Fresh Baby Carrots 		

Meals Served with Milk

Milk Provided by FSP Contains No Growth Hormones or Antibiotics

Lunch Break

New on the menu:

Veggie Burrito-An appealing mix of bell peppers, pinto beans, and green and yellow chiles rolled into a tortilla, with zero grams of trans fat. Tasty, but not too spicy.

Non-Fat Fruited Yogurt-Luscious calcium-booster with creamy texture and without all of the calories.



Fun Fact: Did you know that as part of our Green Pathways program, we work with local food producers? Local farming benefits the local community and economy. This month, we are serving **diced carrots** fresh from Wisconsin.