




# LUNCH MENU



Aug-Sept 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 16, 2010	August 17, 2010	August 18, 2010	August 19, 2010	August 20, 2010
Max Pizza Stix with Zesty Marinara+ Peaches Chocolate Brownie	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Goldfish Pretzels	Hamburger on a Bun Diced Carrots Fresh Fruit Chocolate Chip Cookie Ketchup	Soft Shell Tacos Taco Salad Banana Bread Taco Sauce	Penne with Marinara Sauce+ Garlic Bread Fresh Apple Mini Cinnamon Grahams
August 23, 2010	August 24, 2010	August 25, 2010	August 26, 2010	August 27, 2010
Nacho Combo Chili Fresh Baby Carrots Fat-Free Ranch Dressing	Sloppy Joe on a Bun Corn Lemon Cookie	Galaxy Deep Dish Cheese Pizza+ Tossed Salad Peach Bread Italian Dressing	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	Mini Chicken Sandwiches 100% Fruit Juice Snickerdoodle Cookie BBQ Sauce
August 30, 2010	August 31, 2010	September 1, 2010	September 2, 2010	September 3, 2010
Whole-Grain Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Vanilla Whole-Grain Crackers	Mini Corn Dogs Peas 100% Fruit Juice Honey Graham Crackers Ketchup	Chicken Sticks Whipped Potatoes Fresh Baby Carrots Chocolate Cake BBQ Sauce	Hamburger on a Bun Corn Fresh Apple Mini ABC Pretzels Ketchup	Whole-Grain Macaroni & Cheese+ Broccoli Fresh Fruit Oatmeal Raisin Cookie
September 6, 2010	September 7, 2010	September 8, 2010	September 9, 2010	September 10, 2010
 <b>Labor Day</b>	Frank-n-Blanket Fresh Baby Carrots Peach Bread Ketchup Mustard	Whole Wheat Spaghetti with Meatballs Garlic Bread 100% Fruit Juice Snickerdoodle Cookie	Soft Shell Tacos Taco Salad Sunshine Cake Taco Sauce	Pancakes Sausage Links* Fresh Fruit Strawberry Whole-Grain Crackers Syrup
September 13, 2010	September 14, 2010	September 15, 2010	September 16, 2010	September 17, 2010
Chicken Tenders Peas Pears 100% Whole-Grain White Roll BBQ Sauce	Veggie Burrito+ 100% Fruit Juice Oatmeal Raisin Cookie	Whole-Grain Macaroni & Cheese+ Broccoli Fresh Fruit Blueberry Fruit & Grain Bar	Hot Dog on a Bun French Fries Welch's Fruit Snacks Ketchup Mustard	Wheat Pizza Pita Tossed Salad Zucchini Bread French Dressing
September 20, 2010	September 21, 2010	September 22, 2010	September 23, 2010	September 24, 2010
Max Pizza Stix with Zesty Marinara+ Peaches Chocolate Brownie	Hamburger on a Bun Diced Carrots 100% Fruit Juice Animal Crackers Ketchup	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Non-Fat Fruited Yogurt	Taco Boat Taco Salad Banana Bread Taco Sauce	Penne with Marinara Sauce+ Garlic Bread Fresh Fruit Chocolate Chip Cookie
September 27, 2010	September 28, 2010	September 29, 2010	September 30, 2010	
Nacho Combo Chili Fresh Baby Carrots Fat-Free Ranch Dressing	Sloppy Joe on a Bun Corn Lemon Cookie	Galaxy Deep Dish Cheese Pizza+ Tossed Salad Peach Bread Italian Dressing	Salisbury Steak with Gravy Whipped Potatoes Fresh Apple 100% Whole Wheat Roll	 <b>We're thinking green, are you?</b>

Meals Served with Milk

Milk Provided By FSP Contains No Growth Hormones or Antibiotics

## Lunch Break

Welcome back! We are all looking forward to a productive school year. School lunch provides fuel to enhance young minds and bodies.

**What's in:** Improved nutrient density; fruits and vegetables; a variety of whole-grain selections including pastas; lean meats; FSP- provided low-fat milk with no growth hormones or antibiotics; 100% fruit juices; organic and locally grown food, when available; minimal sugar; made-from-scratch specialties with zero grams of trans fat per serving; healthy à la carte programs such as Saladrations. **What's out:** Super Donuts, Super Buns.

Our menus continue to evolve. Stay tuned . . .