











# Lunch Menu



March-2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What's New?</b></p> <p><b>Ginger-Soy Pork Rice Bowl*</b> - Braised pork and veggies are bathed in a vibrant ginger and soy sauce and served with seasoned brown rice for a taste sensation.</p>			March 1, 2012	March 2, 2012
			<p>Tex-Mex Chili Mac Diced Carrots 100% Fruit Juice Goldfish Pretzels</p> 	<p>Deep Dish Cheese Pizza+ Tossed Salad Zucchini Bread Ranch Dressing</p>
March 5, 2012	March 6, 2012	<p><b>NEW</b> March 7, 2012</p> <p><b>Ginger-Soy Pork Rice Bowl*</b> Fresh Fruit Vanilla Cookie</p> 	March 8, 2012	March 9, 2012
<p>Hot Turkey Ham &amp; Cheese Sandwich 100% Fruit Juice Graham Crackers</p>	<p>Max Pizza Stix with Zesty Marinara+ Pineapple Strawberry Whole-Grain Crackers</p>	<p>Soft Shell Tacos Taco Salad Pumpkin Bread Taco Sauce</p>	<p>Penne with Marinara Sauce+ Peas Applesauce Chocolate Cake</p>	
March 12, 2012	March 13, 2012	March 14, 2012	March 15, 2012	March 16, 2012
<p>Sloppy Joe on a Bun Mixed Vegetables Snickerdoodle Cookie</p>	<p>Salisbury Steak with Gravy Whipped Potatoes 100% Fruit Juice 100% Whole-Grain White Roll</p>	<p>Mini Chicken Sandwiches Fresh Baby Carrots Apple Spice Bread BBQ Sauce Ranch Dressing</p>	<p>Teriyaki Meatballs Rice Pilaf Fresh Apple Mini Cinnamon Grahams</p> 	<p>Ultragrain Stuffed Crust Cheese Pizza+ Fresh Fruit Green M&amp;M Cookie</p>
March 19, 2012	March 20, 2012	March 21, 2012	March 22, 2012	March 23, 2012
<p>Hamburger on a Bun Seasoned Potatoes Applesauce Vanilla Cookie Ketchup</p> 	<p>Nacho Combo Chili Fresh Baby Carrots</p>	<p>Whole-Grain Pasta with Meat Sauce Garlic Bread Fresh Fruit Oatmeal Raisin Cookie</p> 	<p>Crispy Chicken Wrap with Lettuce, Tomato &amp; Cheese Banana Bread Ranch Dressing</p>	<p>Grilled Cheese on Whole-Grain Bread+ Fresh Apple Goldfish Pretzels</p> 
March 26, 2012	March 27, 2012	March 28, 2012	March 29, 2012	March 30, 2012
<p>Whole-Wheat Spaghetti with Meatballs Broccoli 100% Fruit Juice 100% Whole-Grain White Roll</p> 	<p>Beef Pita Calabrese Corn Banana Cookie</p>	<p>Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard</p>	<p>Chicken Nuggets Cheesy Potatoes Fresh Apple Snickerdoodle Cookie BBQ Sauce</p> 	<p>Deep Dish Cheese Pizza+ Tossed Salad Apple Spice Bread Fat-Free French Dressing</p>

Meals Served with Milk

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

## 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.