







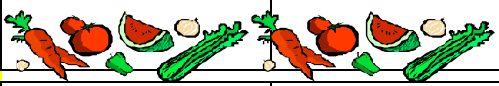





# LUNCH MENU



March-2010

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 1, 2010	March 2, 2010	March 3, 2010	March 4, 2010	March 5, 2010
<b>Mini Corn Dogs</b> <b>Peas &amp; Diced Carrots</b> Applesauce Oatmeal Raisin Cookie Ketchup 	<b>Pasta with Meat Sauce</b> Garlic Bread 100% Fruit Juice Mini ABC Pretzels 	<b>Crispy Chicken Wrap with Lettuce, Tomatoes &amp; Cheese</b> Zucchini Bread Fat-Free Ranch Dressing	<b>Hamburger on a Bun</b> Corn Fresh Fruit Lemon Cookie Ketchup 	<b>Macaroni &amp; Cheese+</b> 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
<b>Pancakes</b> Sausage Links* 100% Fruit Juice Animal Crackers Syrup 	<b>Spaghetti with Meatballs</b> Garlic Bread 100% Fruit Juice Snickerdoodle Cookie	<b>Chicken Sticks</b> Cheesy Potatoes Fresh Fruit 100% Whole Wheat Roll BBQ Sauce 	<b>Taco Boat</b> Taco Salad Apple Spice Bread Taco Sauce	<b>Ultragrain Stuffed Crust Cheese Pizza+</b> Fresh Baby Carrots Sunshine Cake Fat-Free Ranch Dressing
March 15, 2010	March 16, 2010	March 17, 2010	March 18, 2010	March 19, 2010
<b>Chicken Tenders</b> <b>Diced Carrots</b> Pears 100% Whole-Grain White Roll BBQ Sauce  	<b>Chef Boyardee Beef Ravioli</b> Garlic Bread 100% Fruit Juice Strawberry Whole-Grain Crackers	<b>Wheat Pizza Pita</b> Cinnamon Applesauce Chocolate Cake <b>St. Patrick's Day</b>	<b>SPIRIT DAY</b> NO HOT LUNCH 	<b>Macaroni &amp; Cheese+</b> Hearty Wheat Breadstick Fresh Fruit Trail Mix
March 22, 2010	March 23, 2010	March 24, 2010	March 25, 2010	March 26, 2010
<b>Penne with Marinara Sauce+</b> Garlic Bread Fresh Baby Carrots Mini Cinnamon Grahams	<b>Veggie Burrito+</b> 100% Fruit Juice Chocolate Chip Cookie <b>New</b>	<b>Hot Turkey Ham &amp; Cheese Sandwich</b> <b>Non-Fat Fruited Yogurt</b> Vanilla Whole-Grain Crackers <b>New</b>	<b>Soft Shell Tacos</b> Taco Salad Banana Bread Taco Sauce	<b>Max Pizza Sticks with Zesty Marinara+</b> Fresh Fruit Chocolate Brownie
March 29, 2010	March 30, 2010	March 31, 2010	<b>The Rainbow Connection</b> 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.	
SPRING BREAK 	SPRING BREAK	SPRING BREAK 		

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.