



# Lunch Menu



April-2010

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
WEEK 1	MENU A	<p><b>Feed the World</b> April is Global Child Nutrition Month. During April, the School Nutrition Association and FSP, in conjunction with the Global Child Nutrition Foundation, will raise funds to fight hunger around the world. Visit <a href="http://www.gcnf.org">www.gcnf.org</a> to find out more about the ways the Global Child Nutrition Foundation is helping to develop sustainable school feeding programs worldwide.</p>			<b>April 1, 2010</b> <b>Salisbury Steak with Gravy</b> Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	<b>April 2, 2010</b> <b>Galaxy Deep Dish Cheese Pizza+</b> Tossed Salad Peach Bread Italian Dressing			
	MENU B				<b>April 5, 2010</b> <b>Pasta with Meat Sauce</b> Garlic Bread 100% Fruit Juice Honey Graham Crackers	<b>April 6, 2010</b> <b>Ultragrain Stuffed Crust Cheese Pizza+</b> Fresh Baby Carrots Oatmeal Raisin Cookie	<b>April 7, 2010</b> <b>Crispy Chicken Wrap with Lettuce, Tomato &amp; Cheese</b> Zucchini Bread Fat-Free Ranch Dressing	<b>April 8, 2010</b> <b>Hamburger on a Bun</b> Tater Tots Applesauce 100% Fruit Juice Ketchup	<b>April 9, 2010</b> <b>Macaroni &amp; Cheese+</b> Hearty Wheat Breadstick Fresh Fruit Lemon Cookie
WEEK 2	MENU A				<b>April 12, 2010</b> <b>Mini Corn Dogs</b> <b>Diced Carrots</b> Peaches Sunshine Cake Ketchup 	<b>April 13, 2010</b> <b>Pancakes</b> Sausage Links* 100% Fruit Juice Strawberry Whole-Grain Crackers Syrup	<b>April 14, 2010</b> <b>Chicken Sticks</b> Whipped Potatoes <b>Michigan Apple</b> 100% Whole-Grain White Roll BBQ Sauce 	<b>April 15, 2010</b> <b>Taco Boat</b> Taco Salad Apple Spice Bread Taco Sauce	<b>April 16, 2010</b> <b>Spaghetti with Meatballs</b> Garlic Bread 100% Fruit Juice Snickerdoodle Cookie
	MENU B				<b>April 5, 2010</b> <b>Beef Nibblers</b> Corn Peaches Zucchini Bread BBQ Sauce	<b>April 6, 2010</b> <b>Santa Fe Turkey Chili</b> Warm Cornbread Cinnamon Applesauce Mini ABC Pretzels	<b>April 7, 2010</b> <b>Teriyaki Meatballs</b> Rice Pilaf Fresh Fruit Lemon Cookie	<b>April 8, 2010</b> <b>Soft Shell Tacos</b> Taco Salad Fresh Fruit Taco Sauce 	<b>April 9, 2010</b> <b>Breaded Chicken Patty on a Wheat Bun</b> Diced Carrots 100% Fruit Juice Oats & Honey Goldfish Grahams BBQ Sauce
WEEK 3	MENU A				<b>April 12, 2010</b> <b>Wheat Pizza Pita</b> 100% Fruit Juice Snickerdoodle Cookie	<b>April 13, 2010</b> <b>Hot Dog on a Bun</b> French Fries Fresh Baby Carrots Ketchup Mustard Fat-Free Ranch Dressing	<b>April 14, 2010</b> <b>Penne with Marinara Sauce+</b> Hearty Wheat Breadstick Tossed Salad Fresh Fruit Italian Dressing	<b>April 15, 2010</b> <b>Mini Chicken Sandwiches</b> Mixed Fruit Cup Apple Spice Bread BBQ Sauce	<b>April 16, 2010</b> <b>Hot Turkey Ham &amp; Cheese Sandwich</b> Pears Banana Bread
	MENU B								

**Lunch Break**

**New on the Menu:**  
**French Bread Cheese Pizza-** A cheese blend tops a crispy crust for an appetizing meatless entrée.

**Fun Fact:**  
 When you see it means the produce was grown in Michigan and states that border Illinois. This month, our featured picks are peas served on April 19 plus all apples and diced carrots. Can you guess where they are from?












**Nutrition Questions:**  
 If you have nutrition-related questions, contact our Nutri-Line at 773.385.6020 or [nutritioninfo@fspro.com](mailto:nutritioninfo@fspro.com). Visit [www.fspro.com](http://www.fspro.com) for allergen information.

**Meals Served with Milk** **Milk Provided By FSP Contains No Growth Hormones or Antibiotics**



# Lunch Menu

FSP®  
April-2010

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		April 19, 2010	April 20, 2010	April 21, 2010	April 22, 2010	April 23, 2010
W E E K	M E N U	<b>Chicken Tenders</b> <b>Peas &amp; Diced Carrots</b> Peas 100% Whole Wheat Roll BBQ Sauce  	<b>Chef Boyardee</b> <b>Beef Ravioli</b> Garlic Bread 100% Fruit Juice Vanilla Whole-Grain Crackers	<b>Macaroni &amp; Cheese+</b> Hearty Wheat Breadstick Fresh Fruit Oatmeal Raisin Cookie	<b>Hot Dog on a Bun</b> French Fries Welch's Fruit Snacks Ketchup Mustard  <b>Earth Day</b>	<b>Wheat Pizza Pita</b> Strawberry Applesauce Chocolate Cake
	4	<b>New</b> <b>French Bread Cheese Pizza+</b> Peaches Carrot Bread 	<b>Turkey Sloppy Joe on a Wheat Bun</b> Garden Vegetables Oatmeal Raisin Cookie 	<b>Mini Corn Dogs</b> Corn 100% Fruit Juice Mini ABC Pretzels Ketchup	<b>Salisbury Steak with Gravy</b> Whipped Potatoes Michigan Apple 100% Whole Wheat Roll 	<b>Hamburger on a Wheat Bun</b> Diced Carrots 100% Fruit Juice Lemon Cookie Ketchup 
W E E K	M E N U	<b>Max Pizza Sticks with Zesty Marinara+</b> Fresh Baby Carrots Chocolate Brownie 	<b>Hot Turkey Ham &amp; Cheese Sandwich</b> 100% Fruit Juice Mini ABC Pretzels	<b>Veggie Burrito+</b> Non-Fat Fruited Yogurt Chocolate Chip Cookie	<b>Soft Shell Tacos</b> Taco Salad Banana Bread Taco Sauce 	<b>Penne with Marinara Sauce+</b> Garlic Bread Fresh Fruit Strawberry Whole-Grain Crackers
	5	<b>Whole Wheat Spaghetti with Meatballs</b> Peas & Diced Carrots 100% Fruit Juice Animal Crackers 	<b>French Toast Sticks</b> Sausage Links* Applesauce Blueberry Fruit & Grain Bar	<b>Ultragrain Stuffed Crust Cheese Pizza+</b> Tossed Salad Banana Bread French Dressing	<b>Beef Nibblers</b> Corn Fresh Fruit Vanilla Cookie BBQ Sauce	<b>Chicken Nuggets</b> Whipped Potatoes Michigan Apple 100% Whole Wheat Roll BBQ Sauce 

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## Happy Earth Day

T Q M M E K J I B N T C H N I  
 O N K A A B J Z T B B L F O R  
 W C E Y D A Y X B J C I Z I S  
 B E I M T B D C Y N C M E T Q  
 H R N F N Q I S O E X A E U A  
 V E C O L O G Y L M H T C L H  
 C A Z M Z N R C Q A P E L L T  
 O M V O E O Y I B N P O N O R  
 P E R E K C T I V R V Q S P A  
 O C R D E A T N W N C P W T E  
 C G X R Y A Q K G K E C Y F Y  
 E R N V T J V Y Z W U B B U Y  
 D M U N O I T A V R E S N O C  
 C J Z Y X Y G R E N E B U Q V  
 Y O G L V X P B S A V Y A Z I

CLIMATE  
DAY  
ENERGY  
HABITAT  
RECYCLE

COMPOST  
EARTH  
ENVIRONMENT  
OZONE

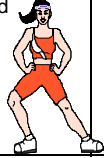
CONSERVATION  
ECOLOGY  
GREEN  
POLLUTION



# Nutri-Track Menu




April-2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Feed the World</b>  April is Global Child Nutrition Month. During April, the School Nutrition Association and FSP, in conjunction with the Global Child Nutrition Foundation, will raise funds to fight hunger around the world. Visit <a href="http://www.gcnf.org">www.gcnf.org</a> to find out more about the ways the Global Child Nutrition Foundation is helping to develop sustainable school feeding programs worldwide.			<b>April 1, 2010</b> <b>Meatball Sandwich</b> Garden Vegetables Fresh Orange** Carrot Bread 	<b>April 2, 2010</b> <b>Cheese Lasagna+</b> Steamed Zucchini Tossed Salad 100% Whole Wheat Roll Peach Bread Fat-Free Italian Dressing
<b>April 5, 2010</b> <b>Ultragrain Stuffed Crust Cheese Pizza+</b> Hearty Wheat Breadstick Fresh Grapes** Fresh Broccoli Pumpkin Seeds Fat-Free Ranch Dressing 	<b>April 6, 2010</b> <b>Multigrain Spaghetti with Meatballs</b> Fresh Baby Carrots <b>Michigan Apple**</b> Ciabattini Roll Zucchini Bread 	<b>April 7, 2010</b> <b>Turkey Sloppy Joe on a Wheat Bun</b> <b>Diced Carrots</b> Fresh Kiwi** Warm Soft Pretzel Honey Graham Crackers 	<b>April 8, 2010</b> <b>Chicken Fajitas</b> Taco Salad Fresh Orange** Banana Bread Taco Sauce 	<b>April 9, 2010</b> <b>Hamburger Patty on a Wheat Bun</b> Confetti Corn Cucumber Slices Trail Mix Ketchup
<b>April 12, 2010</b> <b>Teriyaki Chicken on a Wheat Bun</b> Garden Vegetables <b>Michigan Apple**</b> Banana Bread 	<b>April 13, 2010</b> <b>Wheat Pizza Pita</b> Fresh Kiwi** Mixed Fruit Cup Strawberry Yogurt Peach Bread 	<b>April 14, 2010</b> <b>Soft Shell Tacos</b> Taco Salad Pears Fresh Orange** Blueberry Fruit & Grain Bar Taco Sauce	<b>April 15, 2010</b> <b>Santa Fe Turkey Chili</b> Warm Cornbread Tossed Salad Applesauce Banana Cookie Ranch Dressing 	<b>April 16, 2010</b> <b>Chef Salad</b> Hearty Wheat Breadstick Fresh Grapes** Reduced-Fat Mozzarella String Cheese Pumpkin Seeds Fat-Free French Dressing
<b>April 19, 2010</b> <b>Galaxy Deep Dish Cheese Pizza+</b> <b>Michigan Apple**</b> Raisins Hearty Wheat Breadstick 	<b>April 20, 2010</b> <b>Grilled Chicken Patty on a Wheat Bun</b> Peas Fresh Plum** Warm Soft Pretzel BBQ Sauce	<b>April 21, 2010</b> <b>Chicken with Whole-Grain Noodles &amp; Asian Vegetables</b> Fresh Kiwi** Applesauce Honey-Roasted Sunflower Seeds Almond Cookie	<b>April 22, 2010</b> <b>Meatball Sandwich</b> Garden Vegetables Fresh Orange** Carrot Bread 	<b>April 23, 2010</b> <b>Cheese Lasagna+</b> Steamed Zucchini Tossed Salad 100% Whole Wheat Roll Peach Bread Fat-Free Italian Dressing
<b>April 26, 2010</b> <b>Teriyaki Meatballs</b> Rice Pilaf Fresh Broccoli <b>Michigan Apple**</b> Orange Craisin Bread® Fat-Free Ranch Dressing 	<b>April 27, 2010</b> <b>Roasted Chicken Drumstick</b> <b>Peas &amp; Diced Carrots</b> Fresh Kiwi** Apple Spice Bread 	<b>April 28, 2010</b> <b>Multigrain Rotini with Meat Sauce</b> French-Cut Green Beans Fresh Orange** Homemade Granola Bar 	<b>April 29, 2010</b> <b>Macaroni &amp; Cheese+</b> Hearty Wheat Breadstick Tossed Salad Peaches Oatmeal Raisin Cookie Fat-Free French Dressing 	<b>April 30, 2010</b> <b>Wheat Pizza Pita</b> Pineapple Cup Fresh Baby Carrots Honey-Roasted Sunflower Seeds Gingersnap Cookie

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