
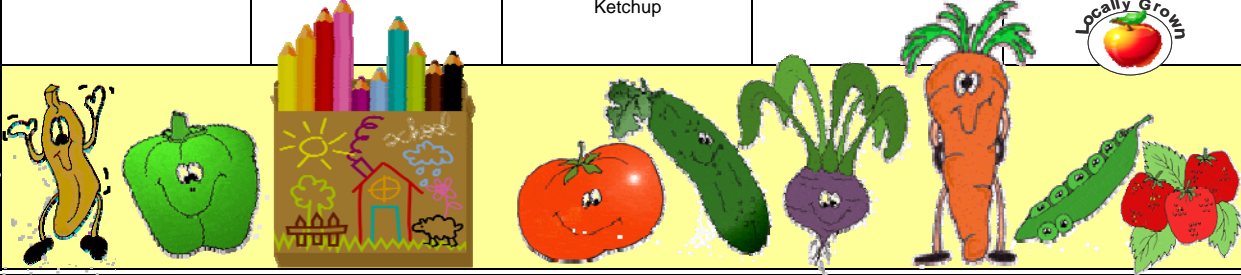










Lunch Menu



Aug-Sept 2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		August 15, 2011	August 16, 2011	August 17, 2011	August 18, 2011	August 19, 2011
W E E K	M E N U	Chicken Tenders Corn Mixed Fruit Oatmeal Raisin Cookie BBQ Sauce	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Non-Fat Fruited Yogurt	Island Burger on a Bun Seasoned Potatoes Fresh Fruit Blueberry Fruit & Grain Bar Ketchup	Soft Shell Tacos Taco Salad Pumpkin Bread Taco Sauce	Penne with Marinara Sauce+ Garlic Bread Fresh Apple Chocolate Chip Cookie 
	A					
W E E K	M E N U	Mini Chicken Sandwiches 100% Fruit Juice Goldfish Pretzels BBQ Sauce	Teriyaki Meatballs Rice Pilaf Raisins Lemon Cookie	Deep Dish Cheese Pizza+ Tossed Salad Sunshine Cake Italian Dressing	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	Sloppy Joe on a Bun Diced Carrots Snickerdoodle Cookie 
	B					
W E E K	M E N U	Whole-Grain Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Vanilla Cookie	Nacho Combo Chili Fresh Baby Carrots	Mini Corn Dogs Corn Fresh Apple Oatmeal Raisin Cookie Ketchup  	Hamburger on a Bun Mixed Vegetables Fresh Fruit Strawberry Whole-Grain Crackers Ketchup	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing
	A					
W E E K	M E N U	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Animal Crackers 	Breaded Chicken on a Wheat Bun Diced Carrots 100% Fruit Juice Gingersnap Cookie BBQ Sauce	Max Pizza Stix with Zesty Marinara+ Fresh Fruit Blueberry Fruit & Grain Bar	Soft Shell Tacos Taco Salad Fresh Apple Taco Sauce 	Santa Fe Chili Warm Combread 100% Fruit Juice Oatmeal Raisin Cookie
	B					

Lunch Break

Welcome back! The beginning of the school year is a good time to talk about FSP's menu philosophy. There is a connection between good nutrition and student performance. Our menus highlight fruits, vegetables, leaner meats, low-fat milk products and whole grains while minimizing sugar, trans fat, and saturated fat. Milk served by FSP contains no artificial growth hormones or antibiotics. Even though we keep our eye on nutrition, we do not sacrifice taste. Our meals are wholesome and appetizing. It's all about bringing quality food to students.

We're thinking green, are you?



Meals Served with Milk

Milk Provided by FSP Contains No Growth Hormones or Antibiotics



Lunch Menu



Aug-Sept 2011








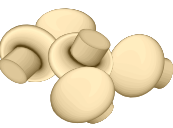









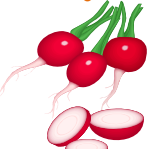





		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 5, 2011	September 6, 2011	September 7, 2011	September 8, 2011	September 9, 2011
WEEK 4	MENUB	<p>Labor Day</p>	Whole Wheat Spaghetti with Meatballs Broccoli 100% Fruit Juice M&M Cookie	French Bread Cheese Pizza+ Fresh Baby Carrots Chocolate Cake	Pancakes Sausage Links* Fresh Fruit Animal Crackers Syrup	Chicken Fajitas Taco Salad Zucchini Bread Taco Sauce
	MENUB		Fiesta Burrito+ Peaches Mini Blueberry Loaf Taco Sauce Ranch Dressing	Penne with Marinara Sauce+ Country Vegetable Blend Pineapple Pumpkin Bread	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Vanilla Whole-Grain Crackers	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard
WEEK 5	MENUB	Chicken Tenders Peas & Carrots 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce	Beef & Tomato with Wheat Pitas Fresh Fruit Carrot Bread	Chef Boyardee Beef Ravioli Green Beans Fresh Fruit Lemon Cookie	Hot Dog on a Bun French Fries Blueberry Fruit & Grain Bar Ketchup Mustard	Ultragrain Stuffed Crust Cheese Pizza+ Tossed Salad Homemade Granola Bar Ranch Dressing
	MENUB	Whole-Grain Pasta with Meat Sauce Green Beans Applesauce Carrot Bread	Mini Corn Dogs Corn 100% Fruit Juice Graham Crackers Ketchup	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	Turkey Sloppy Joe on a Wheat Bun Mixed Vegetables Oatmeal Raisin Cookie	Grilled Chicken on a Wheat Bun Diced Carrots Fresh Apple Lemon Cookie BBQ Sauce
WEEK 6	MENUB	Max Pizza Stix with Zesty Marinara+ Applesauce Pumpkin Bread	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Non-Fat Fruited Yogurt	Island Burger on a Bun Corn Fresh Fruit Graham Crackers Ketchup	Penne with Marinara Sauce+ Peas Fresh Apple Chocolate Chip Cookie	Soft Shell Tacos Taco Salad Chocolate Brownie Taco Sauce
	MENUB	Santa Fe Chili Warm Cornbread Fresh Baby Carrots Strawberry Whole-Grain Crackers	Deep Dish Cheese Pizza+ Mixed Fruit Banana Bread	Whole Wheat Spaghetti with Meatballs Peas Fresh Apple 100% Whole-Grain White Roll	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Animal Crackers	Chicken Tenders Whipped Potatoes 100% Fruit Juice 100% Whole Wheat Roll BBQ Sauce
WEEK 7	MENUB	Mini Chicken Sandwiches 100% Fruit Juice Goldfish Pretzels BBQ Sauce	Teriyaki Meatballs Country Vegetable Blend Raisins Lemon Cookie	Deep Dish Cheese Pizza+ Tossed Salad Banana Bread Italian Dressing	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	Sloppy Joe on a Bun Diced Carrots Snickerdoodle Cookie
	MENUB	Fiesta Burrito+ Pears Sunshine Cake Taco Sauce Ranch Dressing	Whole-Grain Pasta with Meat Sauce Peas & Carrots 100% Fruit Juice Snickerdoodle Cookie	Beef & Tomato with Wheat Pitas Tossed Salad Banana Bread Italian Dressing	Chicken Sticks Seasoned Potatoes Fresh Fruit Blueberry Fruit & Grain Bar BBQ Sauce	Chicken Fajitas Taco Salad Apple Spice Bread Taco Sauce

Meals Served with Milk

Milk Provided By FSP Contains No Growth Hormones or Antibiotics

Fresh Expectations

August/September 2011 Lunch Menu

	MONDAY August 15, 2011	TUESDAY August 16, 2011	WEDNESDAY August 17, 2011	THURSDAY August 18, 2011	FRIDAY August 19, 2011
Week 1 	Multi-Grain Spaghetti with Meat Sauce Fresh Carrots Grapes** Fresh-Baked Roll	Lemon Roasted Chicken Warm Cornbread Celery Sticks Fresh Orange** Fresh-Baked Banana Cookie Light Ranch Dressing	Italian Beef on a Wheat French Roll Sweet Peppers and Onions Fresh Apple** 	Roasted Veggie and Hummus Wrap Fresh Pear** Low-Fat Yogurt with Honey	Beef Taco Salad with Black Beans and Corn Spanish Rice Fresh Mango Bites** Salsa 
Week 2 	Chicken Stir-Fry Brown Rice Fresh Pineapple** Fresh-Baked Almond Cookie	BBQ Pulled Pork on a Stone Ground Whole Wheat Roll Fresh Broccoli Florets Fresh Pear** Light Ranch Dressing	Chopped Salad with Julienne Turkey and Veggies Fresh-Baked Multi-Grain Roll Fresh Apple**  	Meatball Sandwich on a Whole-Grain Roll Grapes** Cucumber Slices	Homemade Focaccia Cheese Pizza+ Garden Salad Fresh Apricot** Honey Mustard Dressing 
Week 3 	Roasted Chicken Drumstick Fiesta Corn Fresh Plum** Fresh-Baked Apple Spice Bread 	Steak Fajitas with Sweet Peppers, Onions and Whole Wheat Tortillas Fresh Mango Bites** Salsa	Buffalo Chicken Wrap Fresh Orange** Celery Sticks Light Ranch Dressing	Grass-Fed Beef Hot Dog on a White Whole-Grain Bun Smashed Cinnamon Sweet Potatoes Watermelon** Ketchup Mustard	Baked Penne with Marinara and Mozzarella+ Fresh Zucchini Sticks Fresh Pear** Sunflower Seeds Fresh-Baked Oatmeal Raisin Cookie
Week 4 	Labor Day 	BBQ Chicken Pizza Fresh Carrots Fresh Apple** Light Ranch Dressing 	Cheese Ravioli with Homemade Marinara+ Green Beans Grapes** Warm Garlic Breadstick	Chicken Soft Taco Taco Salad Fresh Banana** Pumpkin Seeds Salsa 	Chef Salad with Organic Romaine Fresh Pear** Homemade Granola Bar Fench Dressing 
Week 5 	Multi-Grain Spaghetti with Meat Sauce Fresh Carrots Grapes** Fresh-Baked Roll	Lemon Roasted Chicken Warm Cornbread Celery Sticks Fresh Orange** Fresh-Baked Banana Cookie Light Ranch Dressing	Italian Beef on a Wheat French Roll Sweet Peppers and Onions Fresh Apple** 	Roasted Veggie and Hummus Wrap Fresh Pear** Low-Fat Yogurt with Honey	Beef Taco Salad with Black Beans and Corn Spanish Rice Fresh Mango Bites** Salsa 
Week 6 	Chicken Stir-Fry Brown Rice Fresh Pineapple** Fresh-Baked Almond Cookie	BBQ Pulled Pork on a Stone Ground Whole Wheat Roll Fresh Broccoli Florets Fresh Pear** Light Ranch Dressing	Chopped Salad with Julienne Turkey and Veggies Fresh-Baked Multi-Grain Roll Fresh Apple**  	Meatball Sandwich on a Whole-Grain Roll Grapes** Cucumber Slices	Homemade Focaccia Cheese Pizza+ Garden Salad Fresh Honeydew Melon** Honey Mustard Dressing 
Week 7 	Roasted Chicken Drumstick Fiesta Corn Fresh Plum** Fresh-Baked Apple Spice Bread 	Steak Fajitas with Sweet Peppers, Onions and Whole Wheat Tortillas Fresh Mango Bites** Salsa	Buffalo Chicken Wrap Fresh Orange** Celery Sticks Light Ranch Dressing	Grass-Fed Beef Hot Dog on a White Whole-Grain Bun Smashed Cinnamon Sweet Potatoes Watermelon** Ketchup Mustard	Baked Penne with Marinara and Mozzarella+ Fresh Zucchini Sticks Fresh Pear** Sunflower Seeds Fresh-Baked Oatmeal Raisin Cookie

Meals Served with Milk

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What's New?

Welcome back! The start of a new school year is always exciting. FSP also has exciting news. **The Harvest Delights menu is now Fresh Expectations!** Think of the new menu as enhanced Harvest Delights. We've added more scratch cooking from recipes developed by our own chefs, new menu items, and more fresh produce. To get a better idea of what this menu has to offer, take a look: fruits and vegetables each day with the emphasis on fresh produce: organic and locally grown produce, when available; whole grains; high-quality lean meats; meatless entrées weekly; milk with no artificial growth hormones or antibiotics; minimal sugar; minimal saturated fat; zero grams of trans fat in our made-from-scratch selections; no fried foods; updated packaging. Doesn't that sound good? Bon appétit!