









# Lunch Menu



December-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;"><b>Lunch Break</b></p> <p><b>Color Me Red</b></p> <p>Last month, we introduced the five fruit and vegetable color groups. Fruits and vegetables in an array of colors provide the wide range of fiber, vitamins, minerals, and phytochemicals your body needs to protect your health. The color for December is red. Red fruits and veggies help to maintain a healthy heart and a good memory. Have you tried red apples, cherries, watermelon, red peppers, and radishes? They are all part of the red group. Next month, the spotlight is on the orange/yellow group.</p>			December 1, 2011 <b>Island Burger on a Bun</b> Mixed Vegetables <b>Fresh Apple</b> Strawberry Whole-Grain Crackers Ketchup 	December 2, 2011 <b>Soft Shell Tacos</b> Taco Salad Sunshine Cake Taco Sauce
<b>WEEK 1</b> M E N U  A  B	M E N U  A  B				December 5, 2011 <b>Mini Chicken Sandwiches</b> 100% Fruit Juice Lemon Cookie BBQ Sauce	December 6, 2011 <b>BBQ Meatballs</b> <b>NEW</b> Corn Peaches Orange-Cranberry Bread
		December 12, 2011 <b>Hamburger on a Bun</b> Mixed Vegetables 100% Fruit Juice Oats & Honey Goldfish Grahams Ketchup 	December 13, 2011 <b>Nacho Combo Chili</b> Fresh Baby Carrots	December 14, 2011 <b>Mini Corn Dogs</b> <b>Peas &amp; Carrots</b> Fresh Fruit Oatmeal Raisin Cookie Ketchup 	December 15, 2011 <b>Beef &amp; Tomato with Wheat Pitas</b> <b>Green Beans</b> Homemade Granola Bar 	December 16, 2011 <b>Crispy Chicken Wrap with Lettuce, Tomato &amp; Cheese</b> Banana Bread Fat-Free Ranch Dressing
		December 19, 2011 <b>Penne with Marinara Sauce+</b> Peas Peaches Banana Bread 	December 20, 2011 <b>Hot Turkey Ham &amp; Cheese Sandwich</b> 100% Fruit Juice Gingersnap Cookie	December 21, 2011 <b>Beef Taco Salad with Tri-Color Tortilla Strips</b> Fresh Baby Carrots Taco Sauce Ranch Dressing	December 22, 2011 <b>Whole-Grain French Toast Sticks</b> <b>Sausage Links*</b> <b>Fresh Apple</b> Vanilla Whole-Grain Crackers 	December 23, 2011 <b>Max Pizza Stix with Zesty Marinara+</b> Fresh Fruit Mini Blueberry Loaf

## What's New?

FSP adds something new to the menu mix:

**BBQ Meatballs** - Round bursts of flavor for a different taste sensation.

**Tex-Mex Chili Mac** - Travel to the Southwest with our home-style dish featuring whole-grain macaroni, shredded reduced-fat cheddar cheese, red beans, ground beef, and diced tomatoes.

## Green Pathways

One of FSP's goals is to reduce energy consumption. At our headquarters, we have installed energy efficient motion detection lighting in our warehouse and in office restrooms. This type of lighting furnishes the right amount of light when and where it's needed and it saves money, too.

Meals Served with Milk





Milk Provided By FSP Contains No Growth Hormones or Antibiotics



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December-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		December 19, 2011	December 20, 2011	December 21, 2011	December 22, 2011	December 23, 2011
W E E K	M E N U	<b>Hot Dog on a Bun</b> French Fries Fresh Baby Carrots Ketchup Mustard Ranch Dressing	<b>Spaghetti with Meatballs</b> Garlic Bread 100% Fruit Juice M&M Cookie 	<b>Pancakes</b> Sausage Links* Fresh Fruit Blueberry Fruit & Grain Bar Syrup	<b>Sloppy Joe on a Bun</b> Corn Goldfish Pretzels 	<b>Grilled Chicken Sandwich</b> Country Vegetable Blend <b>Fresh Apple</b> Gingersnap Cookie BBQ Sauce
	4 M E N U B	<b>Santa Fe Chili</b> Warm Cornbread 100% Fruit Juice Oatmeal Raisin Cookie 	<b>Chicken Nuggets</b> Mixed Vegetables Raisins Animal Crackers BBQ Sauce	<b>Soft Shell Tacos</b> Taco Salad Blueberry Fruit & Grain Bar Taco Sauce	<b>Deep Dish Cheese Pizza+</b> Pears Pumpkin Bread 	<b>Salisbury Steak with Gravy</b> Whipped Potatoes <b>Fresh Apple</b> 100% Whole Wheat Roll



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### Christmas Fun Word Jumble

Unscramble the letters to form a word associated with Christmas fun.

- |                     |                       |
|---------------------|-----------------------|
| 1. AEDSCNL _____    | 11. EOGRCSO _____     |
| 2. EICNYHM _____    | 12. IGINDT S _____    |
| 3. SOIECKO _____    | 13. RATIODINT _____   |
| 4. RPRNCEA _____    | 14. IDNLCHRE _____    |
| 5. VTEALISF _____   | 15. TDYLEUEI _____    |
| 6. NITESOTIAP _____ | 16. AISONDTROEC _____ |
| 7. ULODRPH _____    | 17. RADNALG _____     |
| 8. EVRENRGEE _____  | 18. RTNMOAEN _____    |
| 9. RTUCAKIEF _____  | 19. KPRWOOHS _____    |
| 10. SKNCTOGI _____  | 20. EEDERRIN _____    |





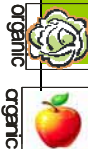


candles	evergreen	poinsettia	stocking
children	festival	Prancer	tidings
chimney	fruitcake	reindeer	tradition
cookies	garland	Rudolph	workshop
decorations	ornament	Scrooge	yuletide

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# Fresh Expectations



## December 2011 Lunch Menu

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<b>Week 1</b> 	<b>Green Pathways</b> One of FSP's goals is to reduce energy consumption. At our headquarters, we have installed energy efficient motion detection lighting in our warehouse and in office restrooms. This type of lighting furnishes the right amount of light when and where it's needed and it saves money, too.			December 1, 2011 Chicken Soft Taco Taco Salad Fresh Papaya** Pumpkin Seeds Salsa 	December 2, 2011 Chef Salad with Organic Romaine Grapes** Fresh-Baked Multi-Grain Roll Trail Mix French Dressing
				<b>Week 2</b> 	December 5, 2011 Lemon Roasted Chicken Warm Cornbread Celery Sticks Fresh Orange** Fresh-Baked Banana Cookie Light Ranch Dressing
<b>Week 3</b> 	December 12, 2011 Chicken Stir-Fry Brown Rice Fresh Pineapple** Fresh-Baked Snickerdoodle Cookie	December 13, 2011 BBQ Pulled Pork on a Stone-Ground Whole Wheat Roll Fresh Broccoli Florets Fresh Pear** Light Ranch Dressing	December 14, 2011 Meatball Sandwich on a Whole-Grain Roll Grapes** Fresh Baby Carrots	December 15, 2011 Chopped Salad with Julienne Turkey & Veggies Fresh-Baked Multi-Grain Roll Fresh Apple** Balsamic Vinaigrette 	December 16, 2011 Homemade Cheese Pizza Garden Salad Fresh Kiwi** Honey Mustard Dressing
	<b>Week 4</b> 	December 19, 2011 Roasted Chicken Drumstick Fiesta Corn Fresh Tangerine** Fresh-Baked Apple Spice Bread 	December 20, 2011 Steak Fajitas with Sweet Peppers, Onions & Whole Wheat Tortillas Fresh Mango Bites** Salsa	December 21, 2011 Buffalo Chicken Wrap Fresh Orange** Celery Sticks Light Ranch Dressing	December 22, 2011 Grass-Fed Beef Hot Dog on a White Whole-Grain Bun Smashed Cinnamon Sweet Potatoes Watermelon** Ketchup Mustard

# Happy Holiday!

Meals Served with Milk

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## Color Me Red

Last month, we introduced the five fruit and vegetable color groups. Fruits and vegetables in an array of colors provide the wide range of fiber, vitamins, minerals, and phytochemicals your body needs to protect your health. The color for December is red. Red fruits and veggies help to maintain a healthy heart and a good memory. Have you tried red apples, cherries, watermelon, red peppers, and radishes? They are all part of the red group. Next month, the spotlight is on the orange/yellow group.