



Lunch Menu



February-2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					February 1, 2012 Max Pizza Stix with Zesty Marinara+ Fresh Fruit Graham Crackers	February 2, 2012 Island Burger on a Bun Mixed Vegetables Fresh Apple Chocolate Chip Cookie Ketchup 	February 3, 2012 Soft Shell Tacos Taco Salad Pumpkin Bread Taco Sauce
WEEK 1 M E N U A M E N U B					Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Oats & Honey Goldfish Grahams	NEW Santa Fe Beef Chili Warm Cornbread 100% Fruit Juice Strawberry Whole-Grain Crackers 	Whole-Wheat Spaghetti with Meatballs Peas Fresh Apple 100% Whole-Grain White Roll
		February 6, 2012 Sloppy Joe on a Bun Diced Carrots Vanilla Cookie 	February 7, 2012 Salisbury Steak with Gravy Whipped Potatoes 100% Fruit Juice 100% Whole-Grain White Roll	February 8, 2012 Teriyaki Meatballs Rice Pilaf Fresh Fruit Mini Cinnamon Grahams 	February 9, 2012 Deep Dish Cheese Pizza+ Tossed Salad Apple Spice Bread Ranch Dressing	February 10, 2012 Mini Chicken Sandwiches Fresh Apple Snickerdoodle Cookie BBQ Sauce 	
WEEK 2 M E N U A M E N U B		Chicken Nuggets Seasoned Potatoes Peaches Blueberry Fruit & Grain Bar BBQ Sauce 	Fiesta Burrito+ Applesauce Sunshine Cake Taco Sauce Ranch Dressing	Whole-Grain Pasta with Meat Sauce Peas & Carrots Fresh Fruit Mini Banana Loaf	Chicken Soft Tacos Taco Salad Apple Spice Bread Taco Sauce	Beef Pita Calabrese Corn Homemade Granola Bar	
		February 13, 2012 Nacho Combo Chili Fresh Baby Carrots 	February 14, 2012 Hamburger on a Bun Seasoned Potatoes Applesauce Sweetheart Cookie Ketchup 	February 15, 2012 Mini Corn Dogs Country Vegetable Blend Fresh Apple Goldfish Pretzels Ketchup 	February 16, 2012 Whole-Grain Pasta with Meat Sauce Garlic Bread Fresh Fruit Oatmeal Raisin Cookie	February 17, 2012 Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing	
WEEK 3 M E N U A M E N U B		Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard	Chicken Tenders Whipped Potatoes Peas Sweetheart Cookie BBQ Sauce	Teriyaki Meatballs Diced Carrots Mixed Fruit Zucchini Bread 	Hot Turkey Ham & Cheese Sandwich Fresh Apple Goldfish Pretzels 	NEW Santa Fe Beef Chili Warm Cornbread 100% Fruit Juice Strawberry Whole-Grain Crackers	



What's New?

Periodically, we update our recipes to promote dining satisfaction. Here is what we have been working on:

Santa Fe Beef Chili - Our savory chili is now made with lean ground beef.

Beef Pita Calabrese - This tasty dish features crumbled ground beef and mozzarella cheese in a tomato base. It's served with mini wheat pitas.

Color Me Green

This month, we are going green with fruits and veggies. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Vegetables and fruits in this color group include asparagus, green beans, zucchini, limes, kiwifruit, and green pears. In March, we'll talk about the blue/purple group.

Meals Served with Milk






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



Lunch Menu



February-2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February 20, 2012	February 21, 2012	February 22, 2012	February 23, 2012	February 24, 2012
WEEK	MENU	Beef Pita Calabrese Corn Homemade Granola Bar 	Whole-Wheat Spaghetti with Meatballs Green Beans 100% Fruit Juice Vanilla Whole-Grain Crackers <i>Mardi Gras</i> 	Ultragrain Stuffed Crust Cheese Pizza+ Tossed Salad Apple Spice Bread French Dressing	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard	Grilled Cheese on Whole-Grain Bread+ Fresh Apple Gingersnap Cookie 
	4	Breaded Chicken on a Wheat Bun Corn 100% Fruit Juice Gingersnap Cookie BBQ Sauce	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Banana Bread	Penne with Marinara Sauce+ Peas Pineapple Mini Blueberry Loaf	Beef Taco Salad with Tri-Color Tortilla Strips Fresh Baby Carrots Taco Sauce Ranch Dressing	Max Pizza Stix with Zesty Marinara+ Tossed Salad Oats & Honey Goldfish Grahams French Dressing
WEEK	MENU	Chicken Nuggets Peas Peaches Mini Blueberry Loaf BBQ Sauce	Sloppy Joe on a Bun Country Vegetable Blend M&M Cookie 	Pancakes Sausage Links* Fresh Fruit Oats & Honey Goldfish Grahams Syrup	Green Pathways FSP furnishes the best food we possibly can to your school. That commitment extends to providing milk and yogurt, with no artificial growth hormones and antibiotics, to your school. Recombinant Bovine Growth Hormone (rBGH/BST) is a synthetic growth hormone used to increase milk production in cows. Offering rBGH and antibiotic-free milk and yogurt is in line with our overall philosophy of incorporating locally-grown foods and eco-friendly products into the school lunch program.	
	5	Whole-Grain Pasta with Meat Sauce Broccoli Peaches Pumpkin Bread 	Mini Corn Dogs Mixed Vegetables 100% Fruit Juice Vanilla Whole-Grain Crackers Ketchup	Soft Shell Tacos Taco Salad Homemade Granola Bar Taco Sauce		

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George Washington

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BORN IN VIRGINIA
 CHERRY TREE
 FATHER OF OUR COUNTRY
 FIRST PRESIDENT
 GEORGE
 HONEST
 MOUNT VERNON
 ONE DOLLAR BILL
 QUARTER
 REVOLUTIONARY WAR HERO
 TRUTHFUL
 WASHINGTON MONUMENT

Fresh Expectations

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 			February 1, 2012 Roast Beef & Cheddar Cheese on Sourdough with Lettuce & Tomato Roasted Potatoes Fresh Kiwi** Horseradish Dijon Sauce	February 2, 2012 Chicken Soft Tacos Taco Salad Fresh Tangerine** Pumpkin Seeds Salsa 	February 3, 2012 NEW Roast Turkey with Gravy Homemade Mashed Potatoes Grapes** Fresh-Baked Multi-Grain Roll
			February 6, 2012 Multi-Grain Rotini with Homemade Meat Sauce Cucumber Slices Fresh Pear** Fresh-Baked Roll	February 7, 2012 Lemon Roasted Chicken Warm Cornbread Celery Sticks Fresh Orange** Fresh-Baked Banana Cookie Light Ranch Dressing	February 8, 2012 Italian Beef on a Wheat French Roll Sweet Peppers & Onions Fresh Apple** 
Week 2 	February 13, 2012 Roasted Chicken Drumstick Mixed Vegetables Fresh Tangerine** Fresh-Baked Apple Spice Bread	February 14, 2012 Steak Fajitas with Sweet Peppers, Onions & Whole-Grain Tortillas Fresh Mango Bites** Salsa 	February 15, 2012 Buffalo Chicken Wrap Fresh Orange** Celery Sticks Light Ranch Dressing	February 16, 2012 Grass-Fed Beef Hot Dog on a White Whole-Grain Bun Smashed Cinnamon Sweet Potatoes Fresh Granny Smith Apple**  Ketchup Mustard	February 17, 2012 Baked Penne with Marinara & Mozzarella+ Fresh Zucchini Sticks Fresh Pear** Sunflower Seeds Fresh-Baked Oatmeal Raisin Cookie
	February 20, 2012 Meatball Sandwich on a Whole-Grain Roll Fresh Pineapple** Fresh Carrots	February 21, 2012 NEW Chicken Tinga with Whole-Grain Tortillas Fiesta Corn Fresh Apple** Fresh-Baked Snickerdoodle Cookie 	February 22, 2012 Chopped Salad with Egg, Cheese & Veggies Fresh-Baked Multi-Grain Roll Grapes** Balsamic Vinaigrette 	February 23, 2012 BBQ Pulled Pork Sandwiches on Mini Whole-Grain Rolls Fresh Broccoli Florets Fresh Pear** Light Ranch Dressing	February 24, 2012 Homemade Cheese Pizza+ Garden Salad Fresh Kiwi** Honey Mustard Dressing 
Week 3 	February 27, 2012 NEW Roast Turkey with Gravy Homemade Mashed Potatoes Fresh Pear** Fresh-Baked Multi-Grain Roll	February 28, 2012 BBQ Chicken Pizza Fresh Broccoli Florets Fresh Apple** Light Ranch Dressing 	February 29, 2012 Roast Beef & Cheddar Cheese on Sourdough with Lettuce & Tomato Roasted Potatoes Fresh Kiwi** Horseradish Dijon Sauce	Color Me Green This month, we are going green with fruits and veggies. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Vegetables and fruits in this color group include asparagus, green beans, zucchini, limes, kiwifruit, and green pears. In March, we'll talk about the blue/purple group.	
Week 4 	Week 5 				

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What's New?

Roast Turkey & Gravy with Homemade Mashed Potatoes - An American classic with succulent turkey in country-style gravy served with real mashed potatoes.

Beef Soft Tacos - Top-'em-yourself tacos with lean ground beef, veggies, and shredded cheese.

Chicken Tinga - Add some zip to your lunch with this flavorful entree from Mexico. It features shredded chicken in a tomato and chili chipotle sauce.

Special note: As a change of pace, we will offer a **meatless Chopped Salad** on February 22.

Green Pathways

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