
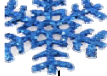





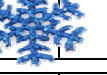











Lunch Menu



January-2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		January 2, 2012	January 3, 2012	January 4, 2012	January 5, 2012	January 6, 2012
W E E K	M E N U	BBQ Meatballs Corn Raisins Goldfish Pretzels 	Deep Dish Cheese Pizza+ Mixed Fruit Pumpkin Bread 	Sloppy Joe on a Bun Mixed Vegetables Lemon Cookie	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	Mini Chicken Sandwiches Tossed Salad Snickerdoodle Cookie Ranch Dressing BBQ Sauce
	B	Whole-Grain Pasta with Meat Sauce Peas & Carrots 100% Fruit Juice Snickerdoodle Cookie	Fiesta Burrito+ Pears Sunshine Cake Taco Sauce Ranch Dressing	Chicken Sticks Seasoned Potatoes Fresh Fruit Animal Crackers BBQ Sauce	Soft Shell Tacos Taco Salad Apple Spice Bread Taco Sauce  	Beef & Tomato with Wheat Pitas Zucchini Delight Homemade Granola Bar
		January 9, 2012	January 10, 2012	January 11, 2012	January 12, 2012	January 13, 2012
W E E K	M E N U	Tex-Mex Chili Mac Diced Carrots 100% Fruit Juice Chocolate Chip Cookie 	Hamburger on a Bun Peas Fresh Fruit Strawberry Whole-Grain Crackers Ketchup 	Mini Corn Dogs Country Vegetable Blend Fresh Apple Oatmeal Raisin Cookie Ketchup 	Nacho Combo Chili Fresh Baby Carrots	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing
	B	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Mini Apple Cinnamon Loaf	Penne with Marinara Sauce+ Country Vegetable Blend Pineapple Banana Bread 	Max Pizza Stix with Zesty Marinara+ Tossed Salad Oats & Honey Goldfish Grahams French Dressing	Breaded Chicken on a Wheat Bun Corn 100% Fruit Juice Gingersnap Cookie BBQ Sauce	Beef Taco Salad with Tri-Color Tortilla Strips Fresh Baby Carrots Taco Sauce Ranch Dressing
		January 16, 2012	January 17, 2012	January 18, 2012	January 19, 2012	January 20, 2012
W E E K	M E N U	Sloppy Joe on a Bun Green Beans M&M Cookie  	Whole Wheat Spaghetti with Meatballs Zucchini Delight 100% Fruit Juice Mini Blueberry Loaf  	Ultragrain Stuffed Crust Cheese Pizza+ Fresh Baby Carrots Apple Spice Bread Fat-Free Ranch Dressing	Pancakes Sausage Links* Fresh Fruit Animal Crackers Syrup	Chicken Soft Tacos Taco Salad Chocolate Cake Taco Sauce 
	B	Chicken Tenders Whipped Potatoes 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce	Santa Fe Chili Warm Cornbread Peaches Oatmeal Raisin Cookie	Teriyaki Meatballs Green Beans Mixed Fruit Zucchini Bread 	Hot Turkey Ham & Cheese Sandwich Fresh Apple Goldfish Pretzels 	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard



Color Me Orange/Yellow

The orange and yellow color group is the focus for January. Some of the fruits and vegetables in this category include tangerines, sweet potatoes, lemons, sweet corn, and yellow watermelon. These delicious foods boost your immune system and help your vision and heart. Next month, we take a look at the green group.

What's New?

We're adding extra magic to our menus with our latest offering:

Zucchini Delight - Try this flavorful dish with antioxidant-boosting zucchini, diced tomato, red peppers, and a variety of seasonings. Yum!

Meals Served with Milk






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



Lunch Menu



January-2012

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
January 23, 2012		January 24, 2012	January 25, 2012	January 26, 2012	January 27, 2012	
W E E K	M E N U	Chicken Nuggets Diced Carrots 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce 	Beef & Tomato with Wheat Pitas Corn Homemade Granola Bar 	Mini Beef Ravioli Country Vegetable Blend Fresh Fruit Lemon Cookie 	Hot Dog on a Bun French Fries Blueberry Fruit & Grain Bar Ketchup Mustard	Deep Dish Cheese Pizza+ Tossed Salad Zucchini Bread French Dressing
	4	M E N U B	Whole-Grain Pasta with Meat Sauce Peas Cinnamon Applesauce Pumpkin Bread	Mini Corn Dogs Mixed Vegetables 100% Fruit Juice Blueberry Fruit & Grain Bar Ketchup	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	Turkey Sloppy Joe on a Wheat Bun Corn Snickerdoodle Cookie  

January 30, 2012		January 31, 2012	Green Pathways	
W E E K	M E N U	Penne with Marinara Sauce+ Peas Applesauce Chocolate Brownie 	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Non-Fat Fruit Yogurt 	<p>Periodically, FSP will showcase our food service partners. Frank Farms is a family-owned operation located in Berrien Center, Michigan. It started as a small farm in 1909 and has expanded through the years. In addition to growing crops such as green beans, bell peppers, squash, and apples, the Frank family runs a wholesale and retail business. They also offer the general public the opportunity to pick seasonal crops for home use.</p> 
	5	M E N U B	Frank-n-Blanket Mixed Fruit Apple Spice Bread Ketchup Mustard	

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Chef Solus WordSearch Puzzle!



VEGETABLES

- BROCCOLI
- CARROTS
- CABBAGE
- LETTUCE
- BEETS
- TOMATO
- PEPPERS
- RADICCHIO
- SPINACH
- ZUCCHINI
- AVOCADO
- HEALTHY
- FIBER



The fun way to learn about nutrition.



















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Fresh Expectations



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 	January 2, 2012 BBQ Chicken Pizza Fresh Carrots Fresh Apple** 	January 3, 2012 Cheese Ravioli with Homemade Marinara+ Green Beans Fresh Pear** Soft Whole-Grain Breadstick 	January 4, 2012 Roast Beef & Cheddar Cheese on Sourdough with Lettuce & Tomato Roasted Potatoes Fresh Kiwi** Horseradish Dijon Sauce 	January 5, 2012 Chef Salad with Organic Romaine Grapes** Fresh-Baked Multi-Grain Roll Trail Mix French Dressing 	January 6, 2012 Chicken Soft Tacos Taco Salad Fresh Banana** Pumpkin Seeds Salsa 
	January 9, 2012 Lemon Roasted Chicken Warm Cornbread Celery Sticks Fresh Orange** Fresh-Baked Banana Cookie Light Ranch Dressing 	January 10, 2012 Multi-Grain Rotini with Homemade Meat Sauce Cucumber Slices Fresh Apple** Fresh-Baked Roll 	January 11, 2012 Italian Beef on a Wheat French Roll Sweet Peppers & Onions Fresh Pear**	January 12, 2012 Beef Taco Salad with Black Beans & Corn Spanish Rice Fresh Mango Bites** Salsa 	NEW January 13, 2012 Macaroni & Cheese with Multi-Grain Pasta+ Fresh Broccoli Florets Fresh Tangerine** Light Ranch Dressing
Week 3 	January 16, 2012 Chicken Stir-Fry Brown Rice Fresh Pineapple** Fresh-Baked Snickerdoodle Cookie	NEW January 17, 2012 Homemade Cheese Pizza+ Sugar Snap Peas Fresh Pear**	January 18, 2012 Meatball Sandwich on a Whole-Grain Roll Fresh Apple** Fresh Carrots 	NEW January 19, 2012 BBQ Pulled Pork Sandwiches on Mini Whole-Grain Rolls Garden Salad Fresh Kiwi** Honey Mustard Dressing 	January 20, 2012 Chopped Salad with Julienne Turkey & Veggies Fresh-Baked Multi-Grain Roll Grapes** Balsamic Vinaigrette 
	January 23, 2012 Roasted Chicken Drumstick Fiesta Corn Fresh Tangerine** Fresh-Baked Apple Spice Bread 	January 24, 2012 Steak Fajitas with Sweet Peppers, Onions & Whole Wheat Tortillas Fresh Mango Bites** Salsa	January 25, 2012 Buffalo Chicken Wrap Fresh Orange** Celery Sticks Light Ranch Dressing	January 26, 2012 Grass-Fed Beef Hot Dog on a White Whole-Grain Bun Smashed Cinnamon Sweet Potatoes Fresh Apple** Ketchup Mustard 	January 27, 2012 Baked Penne with Marinara & Mozzarella+ Fresh Zucchini Sticks Fresh Pear** Sunflower Seeds Fresh-Baked Oatmeal Raisin Cookie
Week 5 	January 30, 2012 Cheese Ravioli with Homemade Marinara+ Green Beans Fresh Pear** Soft Whole-Grain Breadstick 	January 31, 2012 BBQ Chicken Pizza Fresh Broccoli Florets Fresh Apple** Light Ranch Dressing 	What's New? FSP is adding more variety to the menu with the following selections: Macaroni & Cheese with Multi-Grain Pasta Sugar Snap Peas Plus, we have updated a favorite. BBQ Pulled Pork Sandwiches will now be served on Mini Whole-Grain Rolls . Enjoy!		

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