











# Lunch Menu



March-2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
		<p><b>What's New?</b></p> <p><b>Ginger-Soy Pork Rice Bowl*</b> - Braised pork and veggies are bathed in a vibrant ginger and soy sauce and served with seasoned brown rice for a taste sensation.</p> <p><b>Fish Sticks</b> - Golden goodness that's a great addition to the menu mix.</p> <p><b>Brown Rice Pilaf</b> - We've added more nutrients to this popular and flavorful dish by substituting brown rice for white rice.</p>			<b>March 1, 2012</b> <b>Tex-Mex Chili Mac</b> Diced Carrots 100% Fruit Juice Goldfish Pretzels 	<b>March 2, 2012</b> <b>Deep Dish Cheese Pizza+</b> Tossed Salad Zucchini Bread Ranch Dressing			
W E E K	M E N U A				<b>March 5, 2012</b> <b>Hot Turkey Ham &amp; Cheese Sandwich</b> 100% Fruit Juice Graham Crackers	<b>March 6, 2012</b> <b>Max Pizza Stix with Zesty Marinara+</b> Pineapple Strawberry Whole-Grain Crackers	<b>March 7, 2012</b> <b>Ginger-Soy Pork Rice Bowl*</b> Fresh Fruit Vanilla Cookie 	<b>March 8, 2012</b> <b>Soft Shell Tacos</b> Taco Salad Pumpkin Bread Taco Sauce	<b>March 9, 2012</b> <b>Penne with Marinara Sauce+</b> Peas Applesauce Chocolate Cake
	M E N U B				<b>BBQ Meatballs</b> Diced Carrots Raisins 100% Whole-Wheat Roll 	<b>Santa Fe Beef Chili</b> Warm Cornbread 100% Fruit Juice Strawberry Whole-Grain Crackers	<b>Hamburger on a Wheat Bun</b> Mixed Vegetables Fresh Apple Vanilla Cookie Ketchup 	<b>Whole-Grain French Toast Sticks</b> Sausage Links* Fresh Fruit Graham Crackers	<b>Fish Sticks+</b> Corn Tossed Salad Apple Spice Bread Tartar Sauce Ranch Dressing

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W E E K	M E N U A	<b>March 12, 2012</b> <b>Sloppy Joe on a Bun</b> Mixed Vegetables Snickerdoodle Cookie	<b>March 13, 2012</b> <b>Salisbury Steak with Gravy</b> Whipped Potatoes 100% Fruit Juice 100% Whole-Grain White Roll	<b>March 14, 2012</b> <b>Mini Chicken Sandwiches</b> Fresh Baby Carrots Apple Spice Bread BBQ Sauce Ranch Dressing	<b>March 15, 2012</b> <b>Teriyaki Meatballs</b> Rice Pilaf Fresh Apple Mini Cinnamon Grahams 	<b>March 16, 2012</b> <b>Ultragrain Stuffed Crust Cheese Pizza+</b> Fresh Fruit Green M&M Cookie
	M E N U B	<b>Chicken Tenders</b> Seasoned Potatoes 100% Fruit Juice Oats & Honey Goldfish Grahams BBQ Sauce 	<b>Whole-Grain Pasta with Meat Sauce</b> Peas Mixed Fruit Sunshine Cake	<b>Beef Pita Calabrese</b> Country Vegetable Blend Homemade Granola Bar	<b>Chicken Soft Tacos</b> Taco Salad Zucchini Bread Taco Sauce	<b>Fiesta Burrito+</b> Fresh Fruit Mini Blueberry Loaf Taco Sauce Ranch Dressing

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	M E N U B	<b>Chicken Tenders</b> Seasoned Potatoes 100% Fruit Juice Oats & Honey Goldfish Grahams BBQ Sauce 	<b>Whole-Grain Pasta with Meat Sauce</b> Peas Mixed Fruit Sunshine Cake	<b>Beef Pita Calabrese</b> Country Vegetable Blend Homemade Granola Bar	<b>Chicken Soft Tacos</b> Taco Salad Zucchini Bread Taco Sauce	<b>Fiesta Burrito+</b> Fresh Fruit Mini Blueberry Loaf Taco Sauce Ranch Dressing

## Color Me Blue/Purple

We continue our review of eating the rainbow by focusing on the blue/purple group. Purple and blue produce helps to lower the risk of some cancers, promote urinary tract health, and maintain memory function. Blue and purple fruits and vegetables add beautiful color to your plate and health-enhancing antioxidants, phytochemicals, and flavonoids to your diet. As an example, blueberries are rich in vitamin C, folic acid, potassium, and fiber. In April, we take a look at the last color group: white/brown/tan.

## Green Pathways

FSP offers whole-grain selections to enhance student well-being. Whole grains are a good source of fiber, B-vitamins, vitamin E, potassium, and magnesium. People see the term "whole grain," but may not know what it means. It simply means the whole grain kernel, which includes the bran, endosperm, and germ, is intact. Whole-grain foods contain more trace minerals and dietary fiber than enriched grain products.








Meals Served with Milk

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



# Lunch Menu

FSP  
March-2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		March 19, 2012	March 20, 2012	March 21, 2012	March 22, 2012	March 23, 2012
W E E K	M E N U	<b>Hamburger on a Bun</b> Seasoned Potatoes Applesauce Vanilla Cookie Ketchup 	<b>Nacho Combo Chili</b> Fresh Baby Carrots	<b>Whole-Grain Pasta with Meat Sauce</b> Garlic Bread Fresh Fruit Oatmeal Raisin Cookie	<b>Crispy Chicken Wrap with Lettuce, Tomato &amp; Cheese</b> Banana Bread Ranch Dressing	<b>Grilled Cheese on Whole-Grain Bread+</b> Fresh Apple Goldfish Pretzels 
	4	<b>Hot Dog on a Bun</b> French Fries Fresh Baby Carrots Ketchup Mustard	<b>Chicken Nuggets</b> Green Beans Raisins Banana Cookie BBQ Sauce 	<b>NEW Teriyaki Meatballs</b> Brown Rice Pilaf Pineapple Pumpkin Bread	<b>Hot Turkey Ham &amp; Cheese Sandwich</b> Fresh Fruit Snickerdoodle Cookie	<b>Max Pizza Stix with Zesty Marinara+</b> Fresh Apple Goldfish Pretzels 
W E E K	M E N U	<b>Whole-Wheat Spaghetti with Meatballs</b> Broccoli 100% Fruit Juice 100% Whole-Grain White Roll	<b>Beef Pita Calabrese</b> Corn Banana Cookie 	<b>Hot Dog on a Bun</b> French Fries Fresh Baby Carrots Ketchup Mustard	<b>Chicken Nuggets</b> Cheesy Potatoes Fresh Apple Snickerdoodle Cookie BBQ Sauce 	<b>Deep Dish Cheese Pizza+</b> Tossed Salad Apple Spice Bread Fat-Free French Dressing
	5	<b>Island Burger on a Bun</b> Country Vegetable Blend Peaches Apple Spice Bread Ketchup	<b>Breaded Chicken on a Wheat Bun</b> Peas 100% Fruit Juice Gingersnap Cookie BBQ Sauce	<b>Beef Taco Salad with Tri-Color Tortilla Strips</b> Fresh Baby Carrots Taco Sauce Ranch Dressing	<b>Turkey Sloppy Joe on a Wheat Bun</b> Corn Oatmeal Raisin Cookie	<b>Penne with Marinara Sauce+</b> Green Beans Fresh Fruit Mini Cinnamon Grahams 


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## Scrambled St. Patrick's Day

How many of these St. Patrick's Day words and phrases can you unscramble?

1. ahMcr _____	11. rogaen _____
2. dogo kucl _____	12. iswh _____
3. oabrnw _____	13. eadcn _____
4. enrge _____	14. aurnclpeeh _____
5. cmhrakos _____	15. gpsrni _____
6. pto fo dglo _____	16. tasni _____
7. evlorc _____	17. igj _____
8. rpha _____	18. cramh _____
9. leardnl _____	19. aapedr _____
10. camgi _____	20. reBnaly otnSe _____



*How many words did you unscramble?*

1 - 5 words - Lucky the Leprechaun outsmarted you!

6 - 10 words - You're a chip off the old Blarney Stone!

11 - 15 words - You're clever as a leprechaun!

16 - 19 words - You've won a four-leaf clover!

20 words - You win all the gold at the end of the rainbow!

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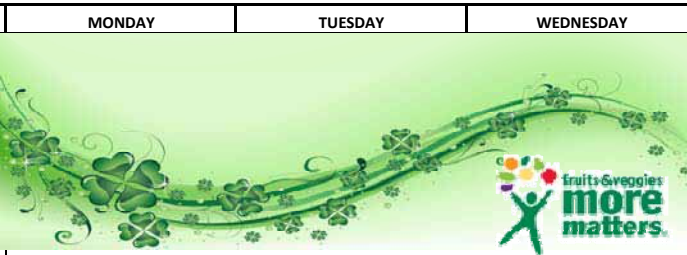
















## Answers

- |                   |               |
|-------------------|---------------|
| 1. ahMcr          | March         |
| 2. dogo kucl      | good luck     |
| 3. oabrnw         | rainbow       |
| 4. enrge          | green         |
| 5. cmhrakos       | shamrocks     |
| 6. pto fo dglo    | pot of gold   |
| 7. evlorc         | clover        |
| 8. rpha           | harp          |
| 9. leardnl        | Ireland       |
| 10. camgi         | magic         |
| 11. rogaen        | orange        |
| 12. iswh          | wish          |
| 13. eadcn         | dance         |
| 14. aurnclpeeh    | leprechaun    |
| 15. gpsrni        | spring        |
| 16. tasni         | saint         |
| 17. igj           | jig           |
| 18. cramh         | charm         |
| 19. aapedr        | parade        |
| 20. reBnaly otnSe | Blarney Stone |

# Fresh Expectations



March 2012 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> 				<b>March 1, 2012</b>	<b>March 2, 2012</b>
				<b>Chicken Soft Tacos</b> Taco Salad Fresh Tangelo** Pumpkin Seeds Salsa 	<b>Cheese Ravioli with Homemade Marinara+</b> Green Beans Honeydew Melon** Soft Whole-Grain Breadstick 
<b>Week 2</b> 	<b>March 5, 2012</b>	<b>March 6, 2012</b>	<b>March 7, 2012</b>	<b>March 8, 2012</b>	<b>March 9, 2012</b>
	<b>Meatball Sandwich on a Whole-Grain Roll</b> Fresh Kiwi** Fresh Carrots	<b>Chicken Tinga with Whole-Grain Tortillas</b> Corn Cobbette Fresh Apple** 	<b>BBQ Pulled Pork Sandwiches on Mini Whole-Grain Rolls</b> Fresh Broccoli Florets Fresh Pear** Light Ranch Dressing	<b>Chicken Stir-Fry</b> Brown Rice Fresh Pineapple** Fresh-Baked Snickerdoodle Cookie	<b>Homemade Cheese Pizza+</b> Garden Salad Grapes** Honey Mustard Dressing 
<b>Week 3</b> 	<b>March 12, 2012</b>	<b>March 13, 2012</b>	<b>March 14, 2012</b>	<b>March 15, 2012</b>	<b>March 16, 2012</b>
	<b>Roasted Chicken Drumstick</b> Mixed Vegetables Fresh Tangelo** Fresh-Baked Apple Spice Bread 	<b>Grass-Fed Beef Hot Dog on a White Whole-Grain Bun</b> Smashed Cinnamon Sweet Potatoes Fresh Granny Smith Apple** Ketchup Mustard 	<b>Steak Fajitas with Sweet Peppers, Onions &amp; Whole-Grain Tortillas</b> Fresh Mango Bites** Salsa 	<b>Buffalo Chicken Wrap</b> Fresh Orange** Celery Sticks Light Ranch Dressing	<b>Baked Penne with Marinara &amp; Mozzarella+</b> Fresh Zucchini Sticks Fresh Pear** Sunflower Seeds Fresh-Baked Oatmeal Raisin Cookie
<b>Week 4</b> 	<b>March 19, 2012</b>	<b>March 20, 2012</b>	<b>March 21, 2012</b>	<b>March 22, 2012</b>	<b>March 23, 2012</b>
	<b>Multi-Grain Rotini with Homemade Meat Sauce</b> Cucumber Slices Fresh Apple** Fresh-Baked Roll 	<b>Lemon Roasted Chicken</b> Warm Cornbread Celery Sticks Fresh Orange** Fresh-Baked Banana Cookie Light Ranch Dressing	<b>Beef Soft Tacos</b> Taco Salad with Black Beans & Corn Spanish Rice Fresh Papaya** Salsa 	<b>Italian Beef on a Wheat French Roll</b> Sweet Peppers & Onions Fresh Pear**	<b>Macaroni &amp; Cheese with Multi-Grain Pasta+</b> Fresh Broccoli Florets Grapes** Light Ranch Dressing
<b>Week 5</b> 	<b>March 26, 2012</b>	<b>March 27, 2012</b>	<b>March 28, 2012</b>	<b>March 29, 2012</b>	<b>March 30, 2012</b>
	<b>Roast Turkey with Gravy</b> Homemade Mashed Potatoes Fresh Pear** Fresh-Baked Multi-Grain Roll	<b>BBQ Chicken Pizza</b> Fresh Broccoli Florets Fresh Apple** Light Ranch Dressing 	<b>Roast Beef &amp; Cheddar Cheese on Sourdough with Lettuce &amp; Tomato</b> Roasted Potatoes Fresh Kiwi** Horseradish Dijon Sauce	<b>Chicken Soft Tacos</b> Taco Salad Fresh Pineapple** Pumpkin Seeds Salsa 	<b>Cheese Ravioli with Homemade Marinara+</b> Green Beans Honeydew Melon** Soft Whole-Grain Breadstick 

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