



Lunch Menu



November-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			November 1, 2011 Sloppy Joe on a Bun Diced Carrots Snickerdoodle Cookie 	November 2, 2011 Deep Dish Cheese Pizza+ Tossed Salad Carrot Bread French Dressing	November 3, 2011 Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	November 4, 2011 Teriyaki Meatballs Rice Pilaf Fresh Fruit Lemon Cookie
WEEK 1 MENUB	November 7, 2011 Hamburger on a Bun Mixed Vegetables 100% Fruit Juice Strawberry Whole-Grain Crackers Ketchup		November 8, 2011 Nacho Combo Chili Fresh Baby Carrots 	November 9, 2011 Mini Corn Dogs Corn Fresh Apple Oatmeal Raisin Cookie Ketchup 	November 10, 2011 Whole-Grain Pasta with Meat Sauce Garlic Bread Fresh Fruit Vanilla Cookie 	November 11, 2011 Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing
WEEK 2 MENUB	November 14, 2011 Spaghetti with Meatballs Broccoli 100% Fruit Juice Goldfish Pretzels	November 15, 2011 Sloppy Joe on a Bun Country Vegetable Blend Gingersnap Cookie 	November 16, 2011 Chicken Fajitas Taco Salad Chocolate Cake Taco Sauce 	November 17, 2011 Pancakes Sausage Links* Fresh Fruit Oats & Honey Goldfish Grahams Syrup	November 18, 2011 Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard Ranch Dressing	
WEEK 3 MENUB	November 21, 2011 Santa Fe Chili Warm Cornbread Pears Oatmeal Raisin Cookie 	November 22, 2011 Mini Corn Dogs Diced Carrots 100% Fruit Juice Blueberry Fruit & Grain Bar Ketchup 	November 23, 2011 Ultragrain Stuffed Crust Cheese Pizza+ Tossed Salad Zucchini Bread Fat-Free French Dressing	November 24, 2011 Hot Turkey Ham & Cheese Sandwich Fresh Fruit Goldfish Pretzels 	November 25, 2011 Chicken Tenders Seasoned Potatoes Fresh Apple Strawberry Whole-Grain Crackers BBQ Sauce 	



Lunch Break



Scientists say you should eat a plateful of color every day. Consuming a variety of colorful fruits and veggies helps you stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five color groups: red, orange/yellow, green, blue/purple, and white/brown/tan. Each color category makes a unique contribution to maintaining health and lowering the risk of developing chronic diseases. Over the next few months, we'll take a look at each group. First up, the red group.

Meals Served with Milk





Milk Provided By FSP Contains No Growth Hormones or Antibiotics





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November-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		November 21, 2011	November 22, 2011	November 23, 2011	November 24, 2011	November 25, 2011
W E E K	M E N U	Mini Beef Ravioli Green Beans Mixed Fruit Apple Spice Bread 	Beef & Tomato with Wheat Pitas Corn Homemade Granola Bar 	Breaded Chicken Sandwich Diced Carrots Fresh Apple Lemon Cookie BBQ Sauce 		
	4	Turkey Sloppy Joe on a Wheat Bun Mixed Vegetables Snickerdoodle Cookie	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	Whole-Grain Pasta with Meat Sauce Broccoli Pineapple Pumpkin Bread		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		November 28, 2011	November 29, 2011	November 30, 2011	Green Pathways Tip:	
W E E K	M E N U	Penne with Marinara Sauce+ Garlic Bread 100% Fruit Juice Animal Crackers 	Frank-n-Blanket Applesauce Pumpkin Bread Ketchup Mustard	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Chocolate Chip Cookie	<p>Did you know that FSP served 156,238 pounds of locally grown produce during the 2010-2011 school year?</p> <p>It's our goal to incorporate locally grown fruits and vegetables into our menus on a periodic basis. What is "locally grown?" For us, it means the produce was grown in Illinois, a state that borders Illinois or in Michigan. When you see the icon, you know the fruit or vegetable was grown in this region.</p> 	
	5	Deep Dish Cheese Pizza+ Fresh Baby Carrots Banana Bread	Whole Wheat Spaghetti with Meatballs Country Vegetable Blend 100% Fruit Juice 100% Whole-Grain White Roll	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Animal Crackers		

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Thanksgiving Word Search

A	G	N	I	V	I	G	S	K	N	A	H	T	G	O
R	A	E	Y	R	R	T	I	C	U	R	O	A	D	A
L	L	T	F	E	A	S	T	E	L	S	T	M	I	T
N	P	U	M	P	K	I	N	Y	M	H	I	K	R	R
U	L	R	Q	C	L	N	O	V	E	M	B	E	R	E
H	A	I	D	O	E	O	T	R	O	K	U	N	N	S
F	T	L	I	F	S	L	R	I	P	G	R	O	O	S
E	T	N	E	E	R	O	E	Z	I	U	P	U	I	E
Y	E	O	V	N	G	C	H	B	L	F	I	Q	T	D
A	R	Y	R	R	E	B	N	A	R	C	O	Y	I	D
D	C	O	R	N	U	C	O	P	I	A	M	I	D	E
I	R	P	I	H	S	R	O	W	M	T	T	J	A	W
L	O	W	E	L	B	A	T	E	G	E	V	E	R	X
O	T	S	E	V	R	A	H	A	R	B	D	U	T	E
H	G	U	C	Y	O	K	A	H	C	A	R	V	E	A

1. Carve
2. Celebrate
3. Colonist
4. Cornucopia
5. Cranberry
6. Dessert
7. Farmer
8. Feast
9. Gather
10. Harvest





























11. Holiday
12. November
13. Pilgrim
14. Platter
15. Pumpkin
16. Thanksgiving
17. Tradition
18. Turkey
19. Vegetable
20. Worship





Fresh Expectations

November 2011 Lunch Menu


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 		November 1, 2011 Lemon Roasted Chicken Warm Cornbread Celery Sticks Fresh Orange** Fresh-Baked Banana Cookie Light Ranch Dressing	November 2, 2011 Italian Beef on a Wheat French Roll Sweet Peppers and Onions Fresh Apple** 	November 3, 2011 Crunchy Veggie and Hummus Wrap+ Fresh Pear** Low-Fat Yogurt with Honey	November 4, 2011 Beef Taco Salad with Black Beans and Corn Spanish Rice Fresh Mango Bites** Salsa 
		November 7, 2011 Cheese Ravioli with Homemade Marinara+ Green Beans Fresh Kiwi** Warm Garlic Breadstick 	November 8, 2011 BBQ Chicken Pizza Fresh Broccoli Florets Fresh Apple** Light Ranch Dressing 	November 9, 2011 Roast Beef and Cheddar Cheese on Sourdough Roasted Potatoes Grapes** Ancho-Chipotle Sauce	November 10, 2011 Chicken Soft Taco Taco Salad Fresh Banana** Pumpkin Seeds Salsa 
Week 2 	November 14, 2011 Homemade Focaccia Cheese Pizza+ Fresh Orange** Celery Sticks Light Ranch Dressing	November 15, 2011 Chicken Stir-Fry Brown Rice Fresh Pineapple** Fresh-Baked Snickerdoodle Cookie	November 16, 2011 BBQ Pulled Pork on a Stone Ground Whole Wheat Roll* Fresh Carrots Fresh Pear** 	November 17, 2011 Chopped Salad with Julienne Turkey and Veggies Fresh-Baked Multi-Grain Roll Fresh Apple** Balsamic Vinaigrette 	November 18, 2011 Meatball Sandwich on a Whole-Grain Roll Grapes** Cucumber Slices
	November 21, 2011 Roasted Chicken Drumstick Fiesta Corn Fresh Tangerine** Fresh-Baked Apple Spice Bread 	November 22, 2011 Steak Fajitas with Sweet Peppers, Onions, and Whole Wheat Tortillas Fresh Mango Bites** Salsa	November 23, 2011 Buffalo Chicken Wrap Garden Salad Fresh Kiwi** Honey Mustard Dressing 	Happy Thanksgiving Green Pathways Tip: Did you know that FSP served 156,238 pounds of locally grown produce during the 2010-2011 school year? It's our goal to incorporate locally grown fruits and vegetables into our menus on a periodic basis. What is "locally grown?" For us, it means the produce was grown in Illinois, a state that borders Illinois or in Michigan. When you see the icon, you know the fruit or vegetable was grown in this region. 	
Week 3 	November 28, 2011 BBQ Chicken Pizza Fresh Carrots Fresh Apple** Light Ranch Dressing 	November 29, 2011 Cheese Ravioli with Homemade Marinara+ Green Beans Fresh Pear** Warm Garlic Breadstick 	November 30, 2011 Roast Beef and Cheddar Cheese on Sourdough Roasted Potatoes Fresh Kiwi** Ancho-Chipotle Sauce		
	November 25, 2011 Roasted Chicken Drumstick Fiesta Corn Fresh Tangerine** Fresh-Baked Apple Spice Bread 	November 22, 2011 Steak Fajitas with Sweet Peppers, Onions, and Whole Wheat Tortillas Fresh Mango Bites** Salsa	November 23, 2011 Buffalo Chicken Wrap Garden Salad Fresh Kiwi** Honey Mustard Dressing 		
Week 4 	November 28, 2011 BBQ Chicken Pizza Fresh Carrots Fresh Apple** Light Ranch Dressing 	November 29, 2011 Cheese Ravioli with Homemade Marinara+ Green Beans Fresh Pear** Warm Garlic Breadstick 	November 30, 2011 Roast Beef and Cheddar Cheese on Sourdough Roasted Potatoes Fresh Kiwi** Ancho-Chipotle Sauce		
	November 25, 2011 Roasted Chicken Drumstick Fiesta Corn Fresh Tangerine** Fresh-Baked Apple Spice Bread 	November 22, 2011 Steak Fajitas with Sweet Peppers, Onions, and Whole Wheat Tortillas Fresh Mango Bites** Salsa	November 23, 2011 Buffalo Chicken Wrap Garden Salad Fresh Kiwi** Honey Mustard Dressing 		
Week 5 	November 25, 2011 Roasted Chicken Drumstick Fiesta Corn Fresh Tangerine** Fresh-Baked Apple Spice Bread 	November 22, 2011 Steak Fajitas with Sweet Peppers, Onions, and Whole Wheat Tortillas Fresh Mango Bites** Salsa	November 23, 2011 Buffalo Chicken Wrap Garden Salad Fresh Kiwi** Honey Mustard Dressing 		
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Color Your Plate

Scientists say you should eat a plateful of color every day. Consuming a variety of colorful fruits and veggies helps you stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five color groups: red, orange/yellow, green, blue/purple, and white/brown/tan. Each color category makes a unique contribution to maintaining health and lowering the risk of developing chronic diseases. Over the next few months, we'll take a look at each group. First up, the red group.



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