











Lunch Menu



March-2012

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>What's New?</p> <p>Ginger-Soy Pork Rice Bowl* - 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>Fish Sticks - Golden goodness that's a great addition to the menu mix.</p> <p>Brown Rice Pilaf - We've added more nutrients to this popular and flavorful dish by substituting brown rice for white rice.</p>			March 1, 2012 Tex-Mex Chili Mac Diced Carrots 100% Fruit Juice Goldfish Pretzels 	March 2, 2012 Deep Dish Cheese Pizza+ Tossed Salad Zucchini Bread Ranch Dressing
W E E K	M E N U A				March 8, 2012 Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	March 9, 2012 Grilled Cheese on Whole-Grain Bread+ Fresh Apple Oatmeal Raisin Cookie 
	M E N U B					

		March 5, 2012	March 6, 2012	March 7, 2012	March 8, 2012	March 9, 2012
W E E K	M E N U A	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Graham Crackers	Max Pizza Stix with Zesty Marinara+ Pineapple Strawberry Whole-Grain Crackers	Ginger-Soy Pork Rice Bowl* Fresh Fruit Vanilla Cookie 	Soft Shell Tacos Taco Salad Pumpkin Bread Taco Sauce	Penne with Marinara Sauce+ Peas Applesauce Chocolate Cake
	M E N U B	BBQ Meatballs Diced Carrots Raisins 100% Whole-Wheat Roll 	Santa Fe Beef Chili Warm Cornbread 100% Fruit Juice Strawberry Whole-Grain Crackers	Hamburger on a Wheat Bun Mixed Vegetables Fresh Apple Vanilla Cookie Ketchup 	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Graham Crackers	Fish Sticks+ Corn Tossed Salad Apple Spice Bread Tartar Sauce Ranch Dressing

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



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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	Hamburger on a Bun Seasoned Potatoes Applesauce Vanilla Cookie Ketchup 	Nacho Combo Chili Fresh Baby Carrots	Whole-Grain Pasta with Meat Sauce Garlic Bread Fresh Fruit Oatmeal Raisin Cookie	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Ranch Dressing	Grilled Cheese on Whole-Grain Bread+ Fresh Apple Goldfish Pretzels 
	4	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard	Chicken Nuggets Green Beans Raisins Banana Cookie BBQ Sauce 	NEW Teriyaki Meatballs Brown Rice Pilaf Pineapple Pumpkin Bread	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Snickerdoodle Cookie	Max Pizza Stix with Zesty Marinara+ Fresh Apple Goldfish Pretzels 
		March 26, 2012	March 27, 2012	March 28, 2012	March 29, 2012	March 30, 2012
W E E K	M E N U	SPRING BREAK	SPRING BREAK 	SPRING BREAK	SPRING BREAK 	SPRING BREAK
	5					

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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 Blamey 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!

Super Teacher Worksheets - www.superteacherworksheets.com

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 |