



Lunch Menu



Aug-Sept 2010

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		August 16, 2010	August 17, 2010	August 18, 2010	August 19, 2010	August 20, 2010
W E E K 1	M E N U					
	B					
W E E K 2	M E N U					
	B					
		August 30, 2010	August 31, 2010	September 1, 2010	September 2, 2010	September 3, 2010
W E E K 3	M E N U	BISTRO SANDWICH	ALL AMERICAN SANDWICH	SUBMARINE SANDWICH	BISTRO SANDWICH	ALL AMERICAN SANDWICH
	B					

Lunch Break

Welcome back! We are all looking forward to a productive school year. School lunch provides fuel to enhance young minds and bodies.

What's in: Improved nutrient density; fruits and vegetables; a variety of whole-grain selections including pastas; lean meats; FSP- provided low-fat milk with no growth hormones or antibiotics; 100% fruit juices; organic and locally grown food, when available; minimal sugar; made-from-scratch specialties with zero grams of trans fat per serving; healthy à la carte programs such as Saladbrations. **What's out:** Super Donuts, Super Buns.

Our menus continue to evolve. Stay tuned . . .

Meals Served with Milk



Milk Provided By FSP Contains No Growth Hormones or Antibiotics



Lunch Menu



Aug-Sept 2010

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 6, 2010	September 7, 2010	September 8, 2010	September 9, 2010	September 10, 2010
W E E K	M E N U	 Labor Day	Frank-n-Blanket Fresh Baby Carrots Peach Bread Ketchup Mustard	Whole Wheat Spaghetti with Meatballs Garlic Bread 100% Fruit Juice Snickerdoodle Cookie	Soft Shell Tacos Taco Salad Sunshine Cake Taco Sauce	Pancakes Sausage Links* Fresh Fruit Strawberry Whole-Grain Crackers Syrup
	4		Penne with Marinara Sauce+ Hearty Wheat Breadstick Fresh Baby Carrots Peach Bread	Beef Nibblers Country Vegetable Blend Peas Vanilla Whole-Grain Crackers BBQ Sauce	Mini Chicken Sandwiches Mixed Fruit Fresh Fruit BBQ Sauce	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Snickerdoodle Cookie
		September 13, 2010	September 14, 2010	September 15, 2010	September 16, 2010	September 17, 2010
W E E K	M E N U	Chicken Tenders Peas Peas 100% Whole-Grain White Roll BBQ Sauce 	Veggie Burrito+ 100% Fruit Juice Oatmeal Raisin Cookie	Whole-Grain Macaroni & Cheese+ Broccoli Fresh Fruit Blueberry Fruit & Grain Bar	Hot Dog on a Bun French Fries Welch's Fruit Snacks Ketchup Mustard	Wheat Pizza Pita Tossed Salad Zucchini Bread French Dressing
	5	Turkey Sloppy Joe on a Wheat Bun Garden Vegetables Oatmeal Raisin Cookie	Galaxy Deep Dish Cheese Pizza+ Peaches Carrot Bread	Mini Corn Dogs Corn 100% Fruit Juice Goldfish Pretzels Ketchup 	Grilled Chicken Patty on a Wheat Bun Diced Carrots 100% Fruit Juice Lemon Cookie BBQ Sauce 	Salisbury Steak with Gravy Whipped Potatoes Fresh Apple 100% Whole-Grain White Roll
		September 20, 2010	September 21, 2010	September 22, 2010	September 23, 2010	September 24, 2010
W E E K	M E N U	Max Pizza Stix with Zesty Marinara+ Peaches Chocolate Brownie 	Hamburger on a Bun Diced Carrots 100% Fruit Juice Animal Crackers Ketchup	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Non-Fat Fruited Yogurt	Taco Boat Taco Salad Banana Bread Taco Sauce	PAFA SPECIAL LUNCH only if pre-ordered otherwise bring your own lunch
	6	French Toast Sticks Sausage Links* Mixed Fruit Honey Graham Crackers	Whole Wheat Spaghetti with Meatballs Diced Carrots Fresh Fruit Vanilla Whole-Grain Crackers 	Ultragrain Stuffed Crust Cheese Pizza+ Tossed Salad Banana Bread French Dressing	Beef Nibblers Garden Vegetables Fresh Fruit Lemon Cookie BBQ Sauce	
		September 27, 2010	September 28, 2010	September 29, 2010	September 30, 2010	
W E E K	M E N U	Nacho Combo Chili Fresh Baby Carrots Fat-Free Ranch Dressing	Sloppy Joe on a Bun Corn Lemon Cookie	Galaxy Deep Dish Cheese Pizza+ Tossed Salad Peach Bread Italian Dressing	Salisbury Steak with Gravy Whipped Potatoes Fresh Apple 100% Whole Wheat Roll 	
	7	Whole-Grain Macaroni & Cheese+ Broccoli Peaches Blueberry Fruit & Grain Bar	Chicken Sticks Whipped Potatoes 100% Fruit Juice 100% Whole Wheat Roll BBQ Sauce 	Whole-Grain Pasta with Meat Sauce Peas & Diced Carrots 100% Fruit Juice Snickerdoodle Cookie	Grilled Chicken Patty on a Wheat Bun Corn Cinnamon Applesauce Fresh Fruit BBQ Sauce	

Meals Served with Milk
FLnmp-MC NMA NMB

Milk Provided By FSP Contains No Growth Hormones or Antibiotics
*Item may contain pork or beef derived ingredients
+Indicates that the entree is meatless

Additional Bread Item is Available for Grades 7 and 8