



LUNCH MENU



March-2010

NATIONAL NUTRITION MONTH

MONDAY March 1, 2010	TUESDAY March 2, 2010	WEDNESDAY March 3, 2010	THURSDAY March 4, 2010	FRIDAY March 5, 2010
Casmir Pulaski Day No School 	Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Mini ABC Pretzels Milk 	Crispy Chicken Wrap with Lettuce, Tomatoes & Cheese Zucchini Bread Fat-Free Ranch Dressing Milk 	Hamburger on a Bun Corn Fresh Fruit Lemon Cookie Ketchup Milk 	Macaroni & Cheese+ Hearty Wheat Breadstick Fresh Baby Carrots Vanilla Whole-Grain Crackers Milk
March 8, 2010	March 9, 2010	March 10, 2010	March 11, 2010	March 12, 2010
Pancakes Sausage Links* 100% Fruit Juice Animal Crackers Syrup Milk 	Spaghetti with Meatballs Garlic Bread 100% Fruit Juice Snickerdoodle Cookie Milk 	Chicken Sticks Cheesy Potatoes Fresh Fruit 100% Whole Wheat Roll BBQ Sauce Milk 	Taco Boat Taco Salad Apple Spice Bread Taco Sauce Milk 	Ultragrain Stuffed Crust Cheese Pizza+ Fresh Baby Carrots Sunshine Cake Fat-Free Ranch Dressing Milk
March 15, 2010	March 16, 2010	March 17, 2010	March 18, 2010	March 19, 2010
Chicken Tenders Diced Carrots Pears 100% Whole-Grain White Roll BBQ Sauce Milk 	Chef Boyardee Beef Ravioli Garlic Bread 100% Fruit Juice Strawberry Whole-Grain Crackers Milk 	Wheat Pizza Pita Cinnamon Applesauce Chocolate Cake Milk St. Patrick's Day	Hot Dog on a Bun French Fries Welch's Fruit Snacks Ketchup Mustard Milk 	Macaroni & Cheese+ Hearty Wheat Breadstick Fresh Fruit Trail Mix Milk
March 22, 2010	March 23, 2010	March 24, 2010	March 25, 2010	March 26, 2010
Penne with Marinara Sauce+ Garlic Bread Fresh Baby Carrots Mini Cinnamon Grahams Milk 	Veggie Burrito+ 100% Fruit Juice Chocolate Chip Cookie Milk New	Hot Turkey Ham & Cheese Sandwich Non-Fat Fruited Yogurt Vanilla Whole-Grain Crackers Milk 	Soft Shell Tacos Taco Salad Banana Bread Taco Sauce Milk 1 Hour Early Dismissal	Spring Break Begins No School
March 29, 2010	March 30, 2010	March 31, 2010	The Rainbow Connection The more colors you incorporate into your meals, the greater your exposure to a variety of heart healthy antioxidants. Fruits and veggies have the greatest variety of color, and making more colorful meals means you're taking advantage of their heart-friendly properties. Contact our Nutri-Line, at 773.385.6020 or nutritioninfo@ceresfood.com, if you have nutrition-related questions. Visit www.ceresfood.com for allergen information.	
No school	No school	No school		

Meals Served with Milk

Milk Provided by Ceres Contains No Growth Hormones or Antibiotics

New on the menu:

Lunch Break

Veggie Burrito-An appealing mix of bell peppers, pinto beans, and green and yellow chiles rolled into a tortilla, with zero grams of trans fat. Tasty, but not too spicy.

Non-Fat Fruited Yogurt-Luscious calcium-booster with creamy texture and without all of the calories.

Fun Fact: Did you know that as part of our Green Pathways program, we work with local food producers? Local farming benefits the local community and economy. This month, we are serving **diced carrots** fresh from Wisconsin.





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