



Lunch Menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		August 16, 2010	August 17, 2010	August 18, 2010	August 19, 2010	August 20, 2010
W E E K	M E N U	Max Pizza Stix with Zesty Marinara+ Peaches Chocolate Brownie	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Goldfish Pretzels	Hamburger on a Bun Diced Carrots Fresh Fruit Chocolate Chip Cookie Ketchup 	Soft Shell Tacos Taco Salad Banana Bread Taco Sauce 	Penne with Marinara Sauce+ Garlic Bread Fresh Apple Mini Cinnamon Grahams
	A B					
1	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 Fruit 100% Whole Wheat Roll	Mini Chicken Sandwiches 100% Fruit Juice Snickerdoodle Cookie BBQ Sauce
	A B					
W E E K	M E N U	Whole-Grain Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Vanilla Whole-Grain Crackers	Mini Corn Dogs Peas 100% Fruit Juice Honey Graham Crackers Ketchup	Chicken Sticks Whipped Potatoes Fresh Baby Carrots Chocolate Cake BBQ Sauce	Hamburger on a Bun Corn Fresh Apple Mini ABC Pretzels Ketchup 	Whole-Grain Macaroni & Cheese+ Broccoli Fresh Fruit Oatmeal Raisin Cookie
	A B	Santa Fe Turkey Chili Warm Cornbread Peaches Mini ABC Pretzels	Teriyaki Meatballs Rice Pilaf Cinnamon Applesauce Zucchini Bread	Max Pizza Stix with Zesty Marinara+ Fresh Fruit Oats & Honey Goldfish Grahams	Soft Shell Tacos Taco Salad 100% Fruit Juice Taco Sauce 	Breaded Chicken Patty on a Wheat Bun Diced Carrots Fresh Fruit Oatmeal Raisin Cookie BBQ Sauce

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; Ceres- 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 Ceres Contains No Growth Hormones or Antibiotics



Lunch Menu

		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 Pears 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 Pears 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	Penne with Marinara Sauce+ Garlic Bread Fresh Fruit Chocolate Chip Cookie
	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	Chicken Nuggets Whipped Potatoes 100% Fruit Juice 100% Whole Wheat Roll 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	

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