













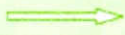




Lunch Menu



March-2010

		MONDAY March 1, 2010	TUESDAY March 2, 2010	WEDNESDAY March 3, 2010	THURSDAY March 4, 2010	FRIDAY March 5, 2010
WEEK 1	MENUB	Mini Corn Dogs Peas & Diced Carrots Applesauce Oatmeal Raisin Cookie Ketchup 	Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Mini ABC Pretzels 	Crispy Chicken Wrap with Lettuce, Tomatoes & Cheese Zucchini Bread Fat-Free Ranch Dressing	Hamburger on a Bun Corn Fresh Fruit Lemon Cookie Ketchup 	Macaroni & Cheese+ Hearty Wheat Breadstick Fresh Baby Carrots Vanilla Whole-Grain Crackers
	MENUB	Breaded Chicken Patty on a Wheat Bun Diced Carrots 100% Fruit Juice Lemon Cookie BBQ Sauce 	Santa Fe Turkey Chili Warm Cornbread Cinnamon Applesauce Honey Graham Crackers	Teriyaki Meatballs Rice Pilaf Peaches Sunshine Cake 	Soft Shell Tacos Taco Salad Fresh Fruit Taco Sauce 	Max Pizza Sticks with Zesty Marinara+ Fresh Fruit Oats & Honey Goldfish Grahams
WEEK 2	MENUB	Pancakes Sausage Links* 100% Fruit Juice Animal Crackers Syrup 	Spaghetti with Meatballs Garlic Bread 100% Fruit Juice Snickerdoodle Cookie	Chicken Sticks Cheesy Potatoes Fresh Fruit 100% Whole Wheat Roll BBQ Sauce 	Taco Boat Taco Salad Apple Spice Bread Taco Sauce	Ultragrain Stuffed Crust Cheese Pizza+ Fresh Baby Carrots Sunshine Cake Fat-Free Ranch Dressing
	MENUB	Wheat Pizza Pita Mixed Fruit Cup Apple Spice Bread	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard Ranch Dressing	Hot Turkey Ham & Cheese Sandwich Pears Banana Bread 	Mini Chicken Sandwiches 100% Fruit Juice Snickerdoodle Cookie BBQ Sauce	Penne with Marinara Sauce+ Hearty Wheat Breadstick Tossed Salad Fresh Fruit Italian Dressing
WEEK 3	MENUB	Chicken Tenders Diced Carrots Pears 100% Whole-Grain White Roll BBQ Sauce 	Chef Boyardee Beef Ravioli Garlic Bread 100% Fruit Juice Strawberry Whole-Grain Crackers	Wheat Pizza Pita Cinnamon Applesauce Chocolate Cake 	Hot Dog on a Bun French Fries Welch's Fruit Snacks Ketchup Mustard 	Macaroni & Cheese+ Hearty Wheat Breadstick Fresh Fruit Trail Mix
	MENUB	Hamburger on a Wheat Bun Diced Carrots 100% Fruit Juice Lemon Cookie Ketchup 	Turkey Sloppy Joe on a Wheat Bun Garden Vegetables Oatmeal Raisin Cookie 	Multigrain Rotini with Meat Sauce Corn 100% Fruit Juice 100% Whole Wheat Roll	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	Galaxy Deep Dish Cheese Pizza+ Applesauce Carrot Bread 

Meals Served with Milk

Milk Provided by Ceres Contains No Growth Hormones or Antibiotics

Lunch Break

New on the menu:

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.



Lunch Menu



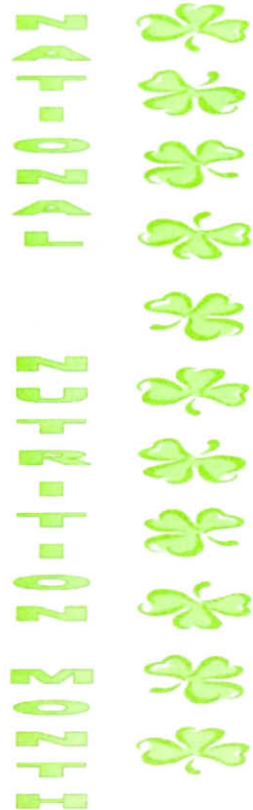
March-2010

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		March 22, 2010	March 23, 2010	March 24, 2010	March 25, 2010	March 26, 2010
H E A L T H Y	M E N U	Penne with Marinara Sauce+ Garlic Bread Fresh Baby Carrots Mini Cinnamon Grahams	Veggie Burrito+ 100% Fruit Juice Chocolate Chip Cookie	Hot Turkey Ham & Cheese Sandwich Non-Fat Fruited Yogurt Vanilla Whole-Grain Crackers	Soft Shell Tacos Taco Salad Banana Bread Taco Sauce	Max Pizza Sticks with Zesty Marinara+ Fresh Fruit Chocolate Brownie
	J U N I O R	Chicken Tenders Whipped Potatoes 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce	French Toast Sticks Sausage Links* Applesauce Vanilla Whole-Grain Crackers	Whole Wheat Spaghetti with Meatballs Diced Carrots Fresh Fruit Animal Crackers	Beef Nibblers Corn Fresh Fruit Chocolate Chip Cookie BBQ Sauce	Ultragrain Stuffed Crust Cheese Pizza+ Tossed Salad Banana Bread French Dressing

		March 29, 2010	March 30, 2010	March 31, 2010	<h3>The Rainbow Connection</h3> <p>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.</p> <p>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.</p>
H E A L T H Y	M E N U	Mini Chicken Sandwiches 100% Fruit Juice Snickerdoodle Cookie BBQ Sauce	Sloppy Joe on a Bun Corn Lemon Cookie	Nacho Combo Chili Fresh Baby Carrots	
	J U N I O R	Macaroni & Cheese+ Hearty Wheat Breadstick Cinnamon Applesauce Peach Bread	Chicken Sticks Whipped Potatoes 100% Fruit Juice 100% Whole Wheat Roll BBQ Sauce	Wheat Pizza Pita Tossed Salad 100% Fruit Juice Ranch Dressing	

Meals Served with Milk

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St. Patrick's Day

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

DANCE
FOUR LEAF CLOVER
GOLD COINS
GOOD LUCK
GREEN
HARP
IRELAND
JIG
LEPRECHAUN

MAGIC
MARCH
MUSIC
POT OF GOLD
RAINBOW
SEVENTEENTH
SHAMROCK
ST. PATRICK'S DAY



*Item may contain pork or pork-derived ingredient
+Indicates that the entrée is meatless.

Emergency Substitutions May be Required
Additional Bread Item is Available For Grades 7 and 8