












LUNCH MENU



May-June 2010

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		May 3, 2010	May 4, 2010	May 5, 2010	May 6, 2010	May 7, 2010
WEEK 1	MENUB	Nacho Combo Chili Fresh Baby Carrots Fat-Free Ranch Dressing	Sloppy Joe on a Bun Corn Gingersnap Cookie 	Grilled Cheese Sandwich+ 100% Fruit Juice Snickerdoodle Cookie	Salisbury Steak with Gravy Whipped Potatoes Fresh Apple 100% Whole-Grain White Roll 	Mini Chicken Sandwiches Tossed Salad Peach Bread BBQ Sauce Italian Dressing
	MENUB	Macaroni & Cheese+ Hearty Wheat Breadstick Mixed Fruit Chocolate Animal Crackers	Chicken Sticks Whipped Potatoes 100% Fruit Juice 100% Whole Wheat Roll BBQ Sauce	Wheat Pizza Pita Tossed Salad Fresh Fruit Ranch Dressing 	Grilled Chicken Patty on a Wheat Bun Peas & Diced Carrots 100% Fruit Juice Snickerdoodle Cookie BBQ Sauce	Multigrain Rotini with Meat Sauce Garden Vegetables Strawberry Applesauce Peach Bread
WEEK 2	MENUB	Mini Corn Dogs Diced Carrots Pears Oatmeal Raisin Cookie Ketchup 	Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Blueberry Fruit & Grain Bar	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Zucchini Bread Fat-Free Ranch Dressing 	Hamburger on a Bun Peas Cinnamon Applesauce 100% Fruit Juice Ketchup	Macaroni & Cheese+ Hearty Wheat Breadstick Fresh Fruit Lemon Cookie
	MENUB	Max Pizza Sticks with Zesty Marinara+ Peaches Oats & Honey Goldfish Grahams	Teriyaki Meatballs Rice Pilaf Cinnamon Applesauce Zucchini Bread	Santa Fe Turkey Chili Warm Cornbread 100% Fruit Juice Mini ABC Pretzels	Soft Shell Tacos Taco Salad Fresh Fruit Taco Sauce 	Breaded Chicken Patty on a Wheat Bun Diced Carrots Fresh Fruit Lemon Cookie BBQ Sauce
WEEK 3	MENUB	Spaghetti with Meatballs Garlic Bread 100% Fruit Juice Mini ABC Pretzels 	Ultragrain Stuffed Crust Cheese Pizza+ Fresh Baby Carrots Banana Bread Fat-Free Ranch Dressing	Chicken Sticks Cheesy Potatoes Fresh Fruit 100% Whole-Grain White Roll BBQ Sauce	Taco Boat Taco Salad Sunshine Cake Taco Sauce	Pancakes Sausage Links* Fresh Apple Vanilla Whole-Grain Crackers Syrup 
	MENUB	Grilled Cheese Sandwich+ Mixed Fruit Sunshine Cake	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard Fat-Free Ranch Dressing	Penne with Marinara Sauce+ Hearty Wheat Breadstick Tossed Salad Fresh Fruit Italian Dressing	Wheat Pizza Pita 100% Fruit Juice Vanilla Whole-Grain Crackers	Hot Turkey Ham & Cheese Sandwich Pears Banana Bread 

Free Food!

Free meals are available from the end of the school year through August 2010 for children and teens up to 18 years of age. To find out more, visit www.gr8food4summer.com or call 773.385.5111 after June 1.

With Appreciation

Thank you for being our customer. We look forward to serving you next year.



Meals Served with Milk




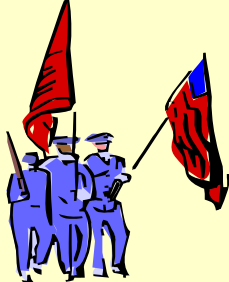








Milk Provided By FSP Contains No Growth Hormones or Antibiotics



LUNCH MENU



May-June 2010

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		May 24, 2010	May 25, 2010	May 26, 2010	May 27, 2010	May 28, 2010
W E E K	M E N U	Breaded Chicken Sandwich Diced Carrots Pears Animal Crackers BBQ Sauce 	Hot Dog on a Bun French Fries Welch's Fruit Snacks Ketchup Mustard	Macaroni & Cheese+ Hearty Wheat Breadstick Fresh Fruit Oatmeal Raisin Cookie	Chef Boyardee Beef Ravioli Garlic Bread 100% Fruit Juice Oats & Honey Goldfish Grahams	Wheat Pizza Pita Strawberry Applesauce Chocolate Cake
	4	Galaxy Deep Dish Cheese Pizza+ Peaches Apple Spice Bread	Turkey Sloppy Joe on a Wheat Bun Garden Vegetables Oatmeal Raisin Cookie	Mini Corn Dogs Corn 100% Fruit Juice Honey Graham Crackers Ketchup 	Salisbury Steak with Gravy Whipped Potatoes Fresh Apple 100% Whole-Grain White Roll 	Hamburger on a Wheat Bun Diced Carrots Fresh Fruit Lemon Cookie Ketchup
W E E K	M E N U	 Memorial Day	Max Pizza Sticks with Zesty Marinara+ Mixed Fruit Chocolate Brownie	Penne with Marinara Sauce+ Garlic Bread 100% Fruit Juice Blueberry Fruit & Grain Bar	Soft Shell Tacos Taco Salad Carrot Bread Taco Sauce	Veggie Burrito+ Non-Fat Fruited Yogurt Chocolate Chip Cookie
	5	 Memorial Day	French Toast Sticks Sausage Links* 100% Fruit Juice Blueberry Fruit & Grain Bar	Ultragrain Stuffed Crust Cheese Pizza+ Peaches Banana Bread 	Beef Nibblers Diced Carrots Fresh Fruit Gingersnap Cookie BBQ Sauce 	Chicken Tenders Whipped Potatoes Fresh Apple 100% Whole Wheat Roll BBQ Sauce
W E E K	M E N U	Nacho Combo Chili Fresh Baby Carrots Fat-Free Ranch Dressing	Sloppy Joe on a Bun Country Vegetable Blend M&M Cookie 	Galaxy Deep Dish Cheese Pizza+ Tossed Salad Peach Bread Italian Dressing	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	Mini Chicken Sandwiches 100% Fruit Juice Snickerdoodle Cookie BBQ Sauce
	6	Have a safe and fun-filled summer!				
Nutrition Questions: If you have nutrition-related questions, contact our Nutri-Line at 773.385.6020 or nutritioninfo@fspro.com. Visit www.fspro.com for allergen information.						
W E E K	M E N U	Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Blueberry Fruit & Grain Bar	Mini Corn Dogs Diced Carrots Pears Oatmeal Raisin Cookie Ketchup 	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Zucchini Bread Fat-Free Ranch Dressing	Hamburger on a Bun Tater Tots Cinnamon Applesauce 100% Fruit Juice Ketchup	Macaroni & Cheese+ Hearty Wheat Breadstick Fresh Fruit Lemon Cookie 
	7		Fun Fact:  , it means the produce was grown in Michigan and states that border Illinois. This month, our featured picks are corn served on May 4, plus apples and diced carrots.			

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