



# Lunch Menu



October-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		October 3, 2011	October 4, 2011	October 5, 2011	October 6, 2011	October 7, 2011
W E E K	M E N U	<b>Whole-Grain Pasta with Meat Sauce</b> Garlic Bread 100% Fruit Juice Vanilla Cookie	<b>Nacho Combo Chili</b> Fresh Baby Carrots	<b>Mini Corn Dogs</b> Corn Fresh Apple Oatmeal Raisin Cookie Ketchup	<b>Hamburger on a Bun</b> Mixed Vegetables Fresh Fruit Strawberry Whole-Grain Crackers Ketchup	<b>Crispy Chicken Wrap with Lettuce, Tomato &amp; Cheese</b> Banana Bread Fat-Free Ranch Dressing
	B I T	<b>Whole-Grain French Toast Sticks</b> Sausage Links* Fresh Fruit Animal Crackers	<b>Breaded Chicken on a Wheat Bun</b> Peas & Carrots 100% Fruit Juice Gingersnap Cookie BBQ Sauce	<b>Max Pizza Stix with Zesty Marinara+</b> Tossed Salad Oats & Honey Goldfish Grahams French Dressing	<b>Soft Shell Tacos</b> Taco Salad Fresh Fruit Taco Sauce	<b>Penne with Marinara Sauce+</b> Country Vegetable Blend Pineapple Banana Bread

		October 10, 2011	October 11, 2011	October 12, 2011	October 13, 2011	October 14, 2011
W E E K	M E N U	<b>Deep Dish Cheese Pizza+</b> Fresh Baby Carrots Apple Spice Bread Ranch Dressing	<b>Spaghetti with Meatballs</b> Broccoli 100% Fruit Juice Goldfish Pretzels	<b>Sloppy Joe on a Bun</b> Green Beans M&M Cookie	<b>Pancakes</b> Sausage Links* Fresh Fruit Animal Crackers Syrup	<b>Chicken Fajitas</b> Taco Salad Chocolate Cake Taco Sauce
	B I T	<b>Santa Fe Chili</b> Warm Cornbread 100% Fruit Juice Oatmeal Raisin Cookie	<b>Fiesta Burrito+</b> Pears Zucchini Bread Taco Sauce Fat-Free Ranch Dressing	<b>Chicken Sticks</b> Seasoned Potatoes Fresh Apple Vanilla Whole-Grain Crackers BBQ Sauce	<b>Hot Turkey Ham &amp; Cheese Sandwich</b> Fresh Fruit Goldfish Pretzels	<b>Hot Dog on a Bun</b> French Fries Fresh Baby Carrots Ketchup Mustard

		October 17, 2011	October 18, 2011	October 19, 2011	October 20, 2011	October 21, 2011
W E E K	M E N U	<b>Chicken Nuggets</b> Diced Carrots 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce	<b>Beef &amp; Tomato with Wheat Pitas</b> Corn Homemade Granola Bar	<b>Mini Beef Ravioli</b> Country Vegetable Blend Fresh Fruit Lemon Cookie	<b>Hot Dog on a Bun</b> French Fries Oats & Honey Goldfish Grahams Ketchup Mustard	<b>Ultragrain Stuffed Crust Cheese Pizza+</b> Tossed Salad Zucchini Bread Ranch Dressing
	B I T	<b>Whole-Grain Pasta with Meat Sauce</b> Green Beans Applesauce Pumpkin Bread	<b>Mini Corn Dogs</b> Corn 100% Fruit Juice Graham Crackers Ketchup	<b>Salisbury Steak with Gravy</b> Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	<b>Turkey Sloppy Joe on a Wheat Bun</b> Mixed Vegetables Snickerdoodle Cookie	<b>Grilled Chicken on a Wheat Bun</b> Diced Carrots Fresh Apple Lemon Cookie BBQ Sauce

## Lunch Break

**MyPlate**  
MyPyramid is out. **MyPlate is in.**

The United States Department of Agriculture has introduced a new food icon, MyPlate, to replace the MyPyramid image as a guide to healthy eating. MyPlate is an easier-to-understand visual reminder to help people make better food choices and control portion sizes.

Keep these suggestions in mind:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Choose **MyPlate.gov**

FSP reinforces MyPlate recommendations by incorporating fruits, vegetables, whole grains, and low-fat milk into our meals.

Meals Served with Milk




Milk Provided By FSP Contains No Growth Hormones or Antibiotics



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October-2011

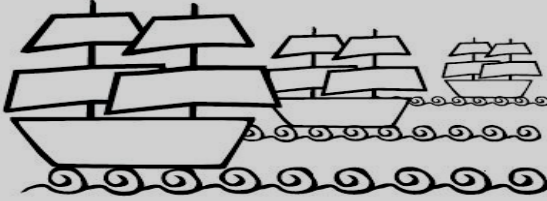
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		October 24, 2011	October 25, 2011	October 26, 2011	October 27, 2011	October 28, 2011
W E E K	M E N U	<b>Penne with Marinara Sauce+</b> Peas Mixed Fruit Chocolate Brownie	<b>Hot Turkey Ham &amp; Cheese Sandwich</b> 100% Fruit Juice Non-Fat Fruit Yogurt 	<b>Max Pizza Stix with Zesty Marinara+</b> Fresh Fruit Graham Crackers 	<b>Island Burger on a Bun</b> Mixed Vegetables <b>Fresh Apple</b> Chocolate Chip Cookie Ketchup	<b>Soft Shell Tacos</b> Taco Salad Pumpkin Bread Taco Sauce
	4 M E N U B	<b>Chicken Tenders</b> Whipped Potatoes 100% Fruit Juice 100% Whole Wheat Roll BBQ Sauce	<b>Deep Dish Cheese Pizza+</b> Mixed Fruit Banana Bread	<b>Whole-Grain French Toast Sticks</b> Sausage Links* Fresh Fruit Animal Crackers	<b>Santa Fe Chili</b> Warm Cornbread Fresh Baby Carrots Strawberry Whole-Grain Crackers 	<b>Whole Wheat Spaghetti with Meatballs</b> Peas <b>Fresh Apple</b> 100% Whole-Grain White Roll

		October 31, 2011	<p align="center"><b>NutriLine</b></p> <p align="center">Dial a dietitian and ask nutrition-related questions 773.385.6020 or <a href="mailto:nutritioninfo@fspro.com">nutritioninfo@fspro.com</a></p>		<p><b>Green Pathways Tip:</b> FSP uses locally grown produce, when possible. Buying locally grown fruits and vegetables adds fresh flavor to meals and stimulates the regional economy.</p> 
W E E K	M E N U	<b>Mini Chicken Sandwiches</b> 100% Fruit Juice Goldfish Pretzels BBQ Sauce 			
	5 M E N U B	<b>Beef &amp; Tomato with Wheat Pitas</b> Broccoli Homemade Granola Bar			

Meals Served with Milk

Milk Provided By FSP Contains No Growth Hormones or Antibiotics

## Columbus Discovers America



P	J	X	M	F	R	J	N	G	G	O	S	H	C	K	ATLANTIC
I	W	V	Z	J	E	B	G	N	G	E	C	O	A	Z	CHRISTOPHER
N	S	H	E	E	H	R	I	O	I	S	L	E	B	T	COLUMBUS
T	Q	F	C	G	P	K	D	D	L	U	D	Z	A	T	DISCOVERY
A	W	C	R	A	O	C	N	I	M	D	T	I	E	N	EXPLORER
S	A	I	L	Y	T	I	U	B	N	Q	R	Q	X	A	FERDINAND
P	P	N	B	O	S	O	U	I	W	A	U	T	P	N	GOLD
Y	S	N	Q	V	I	S	J	C	M	E	N	V	L	I	HOLIDAY
S	A	S	C	U	R	V	Y	A	E	P	D	D	O	N	INDIES
E	P	D	R	Y	H	R	T	N	I	A	P	S	R	D	KING
J	K	I	I	D	C	N	M	G	I	T	T	J	E	G	NINA
F	U	D	H	L	A	D	I	S	C	O	V	E	R	Y	OCEAN
O	U	X	J	S	O	I	J	P	M	U	V	E	E	M	PINTA
R	C	B	C	C	C	H	S	O	V	V	Y	Z	U	S	QUEEN
C	I	T	N	A	L	T	A	G	G	O	A	T	S	J	SAIL
															SANTAMARIA
															SCURVY
															SHIPS
															SPAIN
															VOYAGE

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