



Lunch Menu



November-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			November 1, 2011	November 2, 2011	November 3, 2011	November 4, 2011
W E E K	M E N U		Sloppy Joe on a Bun Diced Carrots Snickerdoodle Cookie	Deep Dish Cheese Pizza+ Tossed Salad Carrot Bread French Dressing	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	Teriyaki Meatballs Rice Pilaf Fresh Fruit Lemon Cookie
	M E N U	Fiesta Burrito+ Pineapple Sunshine Cake Taco Sauce Ranch Dressing	Chicken Sticks Seasoned Potatoes Fresh Fruit Snickerdoodle Cookie BBQ Sauce	Chicken Fajitas Taco Salad Apple Spice Bread Taco Sauce	Whole-Grain Pasta with Meat Sauce Peas & Carrots Fresh Fruit 100% Fruit Juice	
B						

		November 7, 2011	November 8, 2011	November 9, 2011	November 10, 2011	November 11, 2011
W E E K	M E N U	Hamburger on a Bun Mixed Vegetables 100% Fruit Juice Strawberry Whole-Grain Crackers Ketchup	Nacho Combo Chili Fresh Baby Carrots	Mini Corn Dogs Corn Fresh Apple Oatmeal Raisin Cookie Ketchup	Whole-Grain Pasta with Meat Sauce Garlic Bread Fresh Fruit Vanilla Cookie	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing
	M E N U	Penne with Marinara Sauce+ Country Vegetable Blend Peaches Banana Bread	Breaded Chicken on a Wheat Bun Green Beans 100% Fruit Juice Gingersnap Cookie BBQ Sauce	Soft Shell Tacos Taco Salad Oats & Honey Goldfish Grahams Taco Sauce	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Vanilla Whole-Grain Crackers	Max Pizza Stix with Zesty Marinara+ Tossed Salad Fresh Fruit Ranch Dressing
B						

		November 14, 2011	November 15, 2011	November 16, 2011	November 17, 2011	November 18, 2011
W E E K	M E N U	Spaghetti with Meatballs Broccoli 100% Fruit Juice Goldfish Pretzels	Sloppy Joe on a Bun Country Vegetable Blend Gingersnap Cookie	Chicken Fajitas Taco Salad Chocolate Cake Taco Sauce	Pancakes Sausage Links* Fresh Fruit Oats & Honey Goldfish Grahams Syrup	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard Ranch Dressing
	M E N U	Santa Fe Chili Warm Cornbread Pears Oatmeal Raisin Cookie	Mini Corn Dogs Diced Carrots 100% Fruit Juice Blueberry Fruit & Grain Bar Ketchup	Ultragrain Stuffed Crust Cheese Pizza+ Tossed Salad Zucchini Bread Fat-Free French Dressing	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Goldfish Pretzels	Chicken Tenders Seasoned Potatoes Fresh Apple Strawberry Whole-Grain Crackers BBQ Sauce
B						



Lunch Break



Scientists say you should eat a plateful of color every day. Consuming a variety of colorful fruits and veggies helps you stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five color groups: red, orange/yellow, green, blue/purple, and white/brown/tan. Each color category makes a unique contribution to maintaining health and lowering the risk of developing chronic diseases. Over the next few months, we'll take a look at each group. First up, the red group.

Meals Served with Milk





Milk Provided By FSP Contains No Growth Hormones or Antibiotics





Lunch Menu



November-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		November 21, 2011	November 22, 2011	November 23, 2011	November 24, 2011	November 25, 2011
W E E K	M E N U	Mini Beef Ravioli Green Beans Mixed Fruit Apple Spice Bread 	Beef & Tomato with Wheat Pitas Corn Homemade Granola Bar 	Breaded Chicken Sandwich Diced Carrots Fresh Apple Lemon Cookie BBQ Sauce 		
	4	Turkey Sloppy Joe on a Wheat Bun Mixed Vegetables Snickerdoodle Cookie	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	Whole-Grain Pasta with Meat Sauce Broccoli Pineapple Pumpkin Bread		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		November 28, 2011	November 29, 2011	November 30, 2011	Green Pathways Tip:	
W E E K	M E N U	Penne with Marinara Sauce+ Garlic Bread 100% Fruit Juice Animal Crackers 	Frank-n-Blanket Applesauce Pumpkin Bread Ketchup Mustard	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Chocolate Chip Cookie	<p>Did you know that FSP served 156,238 pounds of locally grown produce during the 2010-2011 school year?</p> <p>It's our goal to incorporate locally grown fruits and vegetables into our menus on a periodic basis. What is "locally grown?" For us, it means the produce was grown in Illinois, a state that borders Illinois or in Michigan. When you see the icon, you know the fruit or vegetable was grown in this region.</p> 	
	5	Deep Dish Cheese Pizza+ Fresh Baby Carrots Banana Bread	Whole Wheat Spaghetti with Meatballs Country Vegetable Blend 100% Fruit Juice 100% Whole-Grain White Roll	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Animal Crackers		

Meals Served with Milk

Milk Provided By FSP Contains No Growth Hormones or Antibiotics



Thanksgiving Word Search

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

- Carve
- Celebrate
- Colonist
- Cornucopia
- Cranberry
- Dessert
- Farmer
- Feast
- Gather
- Harvest
- Holiday
- November
- Pilgrim
- Platter
- Pumpkin
- Thanksgiving
- Tradition
- Turkey
- Vegetable
- Worship

