



LUNCH MENU



February-2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February 1, 2012 Max Pizza Stix with Zesty Marinara+ Tossed Salad Fresh Fruit Oats & Honey Goldfish Grahams French Dressing	February 2, 2012 Island Burger on a Bun Mixed Vegetables Cinnamon Applesauce Chocolate Chip Cookie Ketchup	February 3, 2012 Soft Shell Tacos Taco Salad Raisins Pumpkin Bread Taco Sauce
		February 6, 2012 Sloppy Joe on a Bun Diced Carrots 100% Fruit Juice Chocolate Goldfish Grahams 	February 7, 2012 Salisbury Steak with Gravy Whipped Potatoes 100% Fruit Juice 100% Whole-Grain White Roll Vanilla Cookie	February 8, 2012 Teriyaki Meatballs Peas Strawberry Applesauce Raisins Mini Banana Loaf
February 13, 2012 Nacho Combo Chili Fresh Baby Carrots Fresh Fruit	February 14, 2012 Hamburger on a Bun Seasoned Potatoes Cinnamon Applesauce Sweetheart Cookie Ketchup 	February 15, 2012 Mini Corn Dogs Country Vegetable Blend 100% Fruit Juice Honey-Roasted Sunflower Seeds Ketchup	February 16, 2012 Whole-Grain Pasta with Meat Sauce Peas Fresh Apple Goldfish Pretzels Oatmeal Raisin Cookie 	February 17, 2012 Crispy Chicken Wrap with Lettuce, Tomato & Cheese 100% Fruit Juice Zucchini Bread Ranch Dressing
February 20, 2012 Beef Pita Calabrese Corn Fresh Fruit Pumpkin Bread 	February 21, 2012 Whole-Wheat Spaghetti with Meatballs Diced Carrots 100% Fruit Juice Pumpkin Seeds ISAT FAMILY NIGHT <i>Mardi Gras</i> 	February 22, 2012 Ultragrain Stuffed Crust Cheese Pizza+ Tossed Salad Raisins Apple Spice Bread Ranch Dressing	February 23, 2012 Hot Dog on a Bun French Fries Watermelon Applesauce Vanilla Whole-Grain Crackers Ketchup Mustard 	February 24, 2012 Grilled Cheese on Whole-Grain Bread+ Fresh Apple 100% Fruit Juice Homemade Granola Bar
February 27, 2012 Chicken Nuggets Peas Peaches Chocolate Cake BBQ Sauce	February 28, 2012 Sloppy Joe on a Bun Seasoned Potatoes 100% Fruit Juice Reduced-Fat Mozzarella String Cheese 	February 29, 2012 Pancakes Sausage Links* Fresh Fruit Blue Raspberry Applesauce Oats & Honey Goldfish Grahams Syrup	What's New? Periodically, we update our recipes to promote dining satisfaction. Here is what we have been working on: Beef Pita Calabrese - This tasty dish features crumbled ground beef and mozzarella cheese in a tomato base. It's served with mini wheat pitas.	

Meals Served with Milk

Milk and Yogurt Provided By Ceres Contain No Growth Hormones or Antibiotics

Color Me Green

This month, we are going green with fruits and veggies. Green produce promotes vision health, supports strong bones and teeth, and helps to lower your risk of some cancers. Vegetables and fruits in this color group include asparagus, green beans, zucchini, limes, kiwifruit, and green pears. In March, we'll talk about the blue/purple group.

Green Pathways

Ceres Food Group furnishes the best food we possibly can to your school. That commitment extends to providing milk and yogurt, with no artificial growth hormones and antibiotics, to your school. Recombinant Bovine Growth Hormone (rBGH/BST) is a synthetic growth hormone used to increase milk production in cows. Offering rBGH and antibiotic-free milk and yogurt is in line with our overall philosophy of incorporating locally-grown foods and eco-friendly products into the school lunch program.