




# LUNCH MENU



January-2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 2, 2012	January 3, 2012	January 4, 2012	January 5, 2012	January 6, 2012
<b>BBQ Meatballs</b> Corn Raisins Goldfish Pretzels 	<b>Deep Dish Cheese Pizza+</b> Mixed Fruit Pumpkin Bread	<b>Sloppy Joe on a Bun</b> Mixed Vegetables Lemon Cookie 	<b>Salisbury Steak with Gravy</b> Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	<b>Mini Chicken Sandwiches</b> Tossed Salad Snickerdoodle Cookie Ranch Dressing BBQ Sauce 
January 9, 2012	January 10, 2012	January 11, 2012	January 12, 2012	January 13, 2012
<b>Tex-Mex Chili Mac</b> Diced Carrots 100% Fruit Juice Chocolate Chip Cookie 	<b>Hamburger on a Bun</b> Peas Fresh Fruit Strawberry Whole-Grain Crackers Ketchup 	<b>Mini Corn Dogs</b> Country Vegetable Blend Fresh Apple Oatmeal Raisin Cookie Ketchup 	<b>Nacho Combo Chili</b> Fresh Baby Carrots	<b>Crispy Chicken Wrap with Lettuce, Tomato &amp; Cheese</b> Banana Bread Fat-Free Ranch Dressing
January 16, 2012	January 17, 2012	January 18, 2012	January 19, 2012	January 20, 2012
<b>Sloppy Joe on a Bun</b> Green Beans M&M Cookie  	<b>Whole Wheat Spaghetti with Meatballs</b> Zucchini Delight 100% Fruit Juice Mini Blueberry Loaf  	<b>Ultragrain Stuffed Crust Cheese Pizza+</b> Fresh Baby Carrots Apple Spice Bread Fat-Free Ranch Dressing	<b>Pancakes</b> Sausage Links* Fresh Fruit Animal Crackers Syrup	<b>Chicken Soft Tacos</b> Taco Salad Chocolate Cake Taco Sauce 
January 23, 2012	January 24, 2012	January 25, 2012	January 26, 2012	January 27, 2012
<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 Blueberry Fruit & Grain Bar Ketchup Mustard	<b>Deep Dish Cheese Pizza+</b> Tossed Salad Zucchini Bread French Dressing
January 30, 2012	January 31, 2012	<b>Green Pathways</b> Periodically, FSP will showcase our food service partners. Frank Farms is a family-owned operation located in Berrien Center, Michigan. It started as a small farm in 1909 and has expanded through the years. In addition to growing crops such as green beans, bell peppers, squash, and apples, the Frank family runs a wholesale and retail business. They also offer the general public the opportunity to pick seasonal crops for home use.		
<b>Penne with Marinara Sauce+</b> Peas Applesauce Chocolate Brownie	<b>Hot Turkey Ham &amp; Cheese Sandwich</b> 100% Fruit Juice Non-Fat Fruit Yogurt 			

Meals Served with Milk

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

## Color Me Orange/Yellow

The orange and yellow color group is the focus for January. Some of the fruits and vegetables in this category include tangerines, sweet potatoes, lemons, sweet corn, and yellow watermelon. These delicious foods boost your immune system and help your vision and heart. Next month, we take a look at the green group.

## What's New?

**NEW**

We're adding extra magic to our menus with our latest offering:

**Zucchini Delight** - Try this flavorful dish with antioxidant-boosting zucchini, diced tomato, red peppers, and a variety of seasonings. Yum!