LUNCH MENU

CERES FOOD GROUP

March-2010

NATIONAL NUTRITION MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 1, 2010	**March 2, 2010**	**March 3, 2010**	**March 4, 2010**	**March 5, 2010**
Mini Corn Dogs Peas & Diced Carrots Applesauce Oatmeal Raisin Cookie Ketchup	**Pasta with Meat Sauce** Garlic Bread 100% Fruit Juice Mini ABC Pretzels	**Crispy Chicken Wrap with Lettuce, Tomatoes & Cheese** Zucchini Bread Fat-Free Ranch Dressing	**Hamburger on a Bun** Corn Fresh Fruit Lemon Cookie Ketchup	**Macaroni & Cheese+** Hearty Wheat Breadstick Fresh Baby Carrots Vanilla Whole-Grain Crackers
March 8, 2010	**March 9, 2010**	**March 10, 2010**	**March 11, 2010**	**March 12, 2010**
Pancakes Sausage Links* 100% Fruit Juice Animal Crackers Syrup	**Spaghetti with Meatballs** Garlic Bread 100% Fruit Juice Snickerdoodle Cookie	**Chicken Sticks** Cheesy Potatoes Fresh Fruit 100% Whole Wheat Roll BBQ Sauce	**Taco Boat** Taco Salad Apple Spice Bread Taco Sauce	**Ultragrain Stuffed Crust Cheese Pizza+** Fresh Baby Carrots Sunshine Cake Fat-Free Ranch Dressing
March 15, 2010	**March 16, 2010**	**March 17, 2010**	**March 18, 2010**	**March 19, 2010**
Chicken Tenders Diced Carrots Pears 100% Whole-Grain White Roll BBQ Sauce	**Chef Boyardee Beef Ravioli** Garlic Bread 100% Fruit Juice Strawberry Whole-Grain Crackers	**Wheat Pizza Pita** Cinnamon Applesauce Chocolate Cake St. Patrick's Day	**Hot Dog on a Bun** French Fries Welch's Fruit Snacks Ketchup Mustard	**Macaroni & Cheese+** Hearty Wheat Breadstick Fresh Fruit Trail Mix
March 22, 2010	**March 23, 2010**	**March 24, 2010**	**March 25, 2010**	**March 26, 2010**
Penne with Marinara Sauce+ Garlic Bread Fresh Baby Carrots Mini Cinnamon Grahams	**Veggie Burrito+** 100% Fruit Juice Chocolate Chip Cookie New	**Hot Turkey Ham & Cheese Sandwich** Non-Fat Fruited Yogurt Vanilla Whole-Grain Crackers New	**Soft Shell Tacos** Taco Salad Banana Bread Taco Sauce	**Max Pizza Sticks with Zesty Marinara+** Fresh Fruit Chocolate Brownie
March 29, 2010	**March 30, 2010**	**March 31, 2010**		
Mini Chicken Sandwiches 100% Fruit Juice Snickerdoodle Cookie BBQ Sauce	**Sloppy Joe on a Bun** Corn Lemon Cookie	**Nacho Combo Chili** Fresh Baby Carrots		

The Rainbow Connection

The more colors you incorporate into your meals, the greater your exposure to a variety of heart healthy antioxidants. Fruits and veggies have the greatest variety of color, and making more colorful meals means you're taking advantage of their heart-friendly properties.

Contact our Nutri-Line,at 773.385.6020 or nutritioninfo@ceresfood.com, if you have nutrition-related questions. Visit www.ceresfood.com for allergen information.

Meals Served with Milk

Milk Provided By Ceres Contains No Growth Hormones or Antibiotics

Lunch Break

New on the menu:

Veggie Burrito-An appealing mix of bell peppers, pinto beans, and green and yellow chiles rolled into a tortilla, with zero grams of trans fat. Tasty, but not too spicy.

Non-Fat Fruited Yogurt-Luscious calcium-booster with creamy texture and without all of the calories.

Fun Fact: Did you know that as part of our Green Pathways program, we work with local food producers? Local farming benefits the local community and economy. This month, we are serving **diced carrots** fresh from Wisconsin.

CLnmP NMA

*Item may contain pork or pork-derived ingredient
+Indicates that the entree is meatless

Emergency Substitutions May be Required
Additional Bread Item is Available For Grades 7 and 8