



LUNCH MENU



October-2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				October 1, 2010 Mini Chicken Sandwiches 100% Fruit Juice Snickerdoodle Cookie BBQ Sauce
October 4, 2010	October 5, 2010	October 6, 2010	October 7, 2010	October 8, 2010
Whole-Grain Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Vanilla Cookie	Mini Corn Dogs Diced Carrots Mixed Fruit Oatmeal Raisin Cookie Ketchup 	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing	Hamburger on a Bun Corn 100% Fruit Juice Strawberry Whole-Grain Crackers Ketchup	Whole-Grain Macaroni & Cheese+ Broccoli Fresh Fruit 100% Whole-Grain White Roll
October 11, 2010	October 12, 2010	October 13, 2010	October 14, 2010	October 15, 2010
Whole-Grain Spaghetti with Meatballs Garlic Bread 100% Fruit Juice Lemon Cookie Columbus Day	Ultragrain Stuffed Crust Cheese Pizza+ Fresh Baby Carrots Sunshine Cake Fat-Free Ranch Dressing	Chicken Sticks Whipped Potatoes 100% Fruit Juice 100% Whole Wheat Roll BBQ Sauce	Taco Boat Taco Salad Zucchini Bread Taco Sauce	Mini Pancakes Sausage Links* Fresh Apple Honey Graham Crackers Syrup
National School Lunch Week				
October 18, 2010	October 19, 2010	October 20, 2010	October 21, 2010	October 22, 2010
Chicken Fingers Diced Carrots 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce 	Fiesta Burrito+ Peaches Chocolate Cake Taco Sauce	Whole-Grain Macaroni & Cheese+ Broccoli Fresh Fruit Animal Crackers	Hot Dog on a Bun French Fries Blueberry Fruit & Grain Bar Ketchup Mustard	Wheat Pizza Pita Tossed Salad Peach Bread Italian Dressing
October 25, 2010	October 26, 2010	October 27, 2010	October 28, 2010	October 29, 2010
Max Pizza Stix with Zesty Marinara+ Pears Chocolate Brownie 	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Non-Fat Fruited Yogurt	Hamburger on a Bun Diced Carrots Fresh Fruit Mini Cinnamon Grahams Ketchup 	Soft Shell Tacos Taco Salad Banana Bread Taco Sauce	Penne Pasta with Marinara Sauce+ Garlic Bread Fresh Fruit Chocolate Chip Cookie

Meals Served with Milk

Milk Provided By Ceres Contains No Growth Hormones or Antibiotics

Lunch Break

Our mission is to provide the best possible food to the students we serve. That's why we periodically offer locally grown fruits and vegetables on our menus. When you see this logo , it means the produce was grown in states that border Illinois and in Michigan.

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