



Lunch Menu



CERES™
FOOD GROUP

October-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		October 3, 2011	October 4, 2011	October 5, 2011	October 6, 2011	October 7, 2011
W E E K	M E N U	Whole-Grain Pasta with Meat Sauce Garlic Bread 100% Fruit Juice Vanilla Cookie	Nacho Combo Chili Fresh Baby Carrots	Mini Corn Dogs Corn Fresh Apple Oatmeal Raisin Cookie Ketchup	Hamburger on a Bun Mixed Vegetables Fresh Fruit Strawberry Whole-Grain Crackers Ketchup	Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing
	B	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Animal Crackers	Breaded Chicken on a Wheat Bun Peas & Carrots 100% Fruit Juice Gingersnap Cookie BBQ Sauce	Max Pizza Stix with Zesty Marinara+ Tossed Salad Oats & Honey Goldfish Grahams French Dressing	Soft Shell Tacos Taco Salad Fresh Fruit Taco Sauce	Penne with Marinara Sauce+ Country Vegetable Blend Pineapple Banana Bread
		October 10, 2011	October 11, 2011	October 12, 2011	October 13, 2011	October 14, 2011
W E E K	M E N U	Deep Dish Cheese Pizza+ Fresh Baby Carrots Apple Spice Bread Ranch Dressing	Spaghetti with Meatballs Broccoli 100% Fruit Juice Goldfish Pretzels	Sloppy Joe on a Bun Green Beans M&M Cookie	Pancakes Sausage Links* Fresh Fruit Animal Crackers Syrup	Chicken Fajitas Taco Salad Chocolate Cake Taco Sauce
	B	Santa Fe Chili Warm Cornbread 100% Fruit Juice Oatmeal Raisin Cookie	Fiesta Burrito+ Pears Zucchini Bread Taco Sauce Fat-Free Ranch Dressing	Chicken Sticks Seasoned Potatoes Fresh Apple Vanilla Whole-Grain Crackers BBQ Sauce	Hot Turkey Ham & Cheese Sandwich Fresh Fruit Goldfish Pretzels	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard
		October 17, 2011	October 18, 2011	October 19, 2011	October 20, 2011	October 21, 2011
W E E K	M E N U	Chicken Nuggets Diced Carrots 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce	Beef & Tomato with Wheat Pitats Corn Homemade Granola Bar	Mini Beef Ravioli Country Vegetable Blend Fresh Fruit Lemon Cookie	Hot Dog on a Bun French Fries Oats & Honey Goldfish Grahams Ketchup Mustard	Ultragrain Stuffed Crust Cheese Pizza+ Tossed Salad Zucchini Bread Ranch Dressing
	B	Whole-Grain Pasta with Meat Sauce Green Beans Applesauce Pumpkin Bread	Mini Corn Dogs Corn 100% Fruit Juice Graham Crackers Ketchup	Salisbury Steak with Gravy Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	Turkey Sloppy Joe on a Wheat Bun Mixed Vegetables Snickerdoodle Cookie	Grilled Chicken on a Wheat Bun Diced Carrots Fresh Apple Lemon Cookie BBQ Sauce

Lunch Break

MyPlate
MyPyramid is out. **MyPlate** is in.

The United States Department of Agriculture has introduced a new food icon, MyPlate, to replace the MyPyramid image as a guide to healthy eating. MyPlate is an easier-to-understand visual reminder to help people make better food choices and control portion sizes.

Keep these suggestions in mind:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Choose **MyPlate.gov**

Ceres reinforces MyPlate recommendations by incorporating fruits, vegetables, whole grains, and low-fat milk into our meals.

Meals Served with Milk

Milk Provided By Ceres Contains No Growth Hormones or Antibiotics




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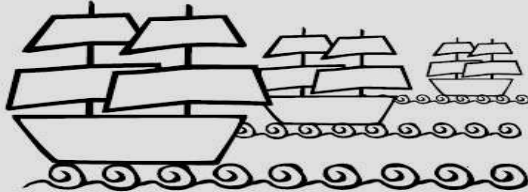
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		October 24, 2011	October 25, 2011	October 26, 2011	October 27, 2011	October 28, 2011
W E E K	M E N U	Penne with Marinara Sauce+ Peas Mixed Fruit Chocolate Brownie	Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Non-Fat Fruit Yogurt	Max Pizza Stix with Zesty Marinara+ Fresh Fruit Graham Crackers	Island Burger on a Bun Mixed Vegetables Fresh Apple Chocolate Chip Cookie Ketchup	Soft Shell Tacos Taco Salad Pumpkin Bread Taco Sauce
	4 M E N U B	Chicken Tenders Whipped Potatoes 100% Fruit Juice 100% Whole Wheat Roll BBQ Sauce	Deep Dish Cheese Pizza+ Mixed Fruit Banana Bread	Whole-Grain French Toast Sticks Sausage Links* Fresh Fruit Animal Crackers	Santa Fe Chili Warm Combread Fresh Baby Carrots Strawberry Whole-Grain Crackers	Whole Wheat Spaghetti with Meatballs Peas Fresh Apple 100% Whole-Grain White Roll

		October 31, 2011	<p align="center">NutriLine</p> <p align="center">Dial a dietitian and ask nutrition-related questions 773.385.6020 or nutritioninfo@ceresfood.com</p>	<p>Green Pathways Tip: Ceres Food Group uses locally grown produce, when possible. Buying locally grown fruits and vegetables adds fresh flavor to meals and stimulates the regional economy.</p> 
W E E K	M E N U	Mini Chicken Sandwiches 100% Fruit Juice Goldfish Pretzels BBQ Sauce		
	5 M E N U B	Beef & Tomato with Wheat Pitas Broccoli Homemade Granola Bar		

Meals Served with Milk

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Columbus Discovers America



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

ATLANTIC
CHRISTOPHER
COLUMBUS
DISCOVERY
EXPLORER
FERDINAND
GOLD
HOLIDAY
INDIES
KING
NINA
OCEAN
PINTA
QUEEN
SAIL
SANTAMARIA
SCURVY
SHIPS
SPAIN
VOYAGE

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*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.