
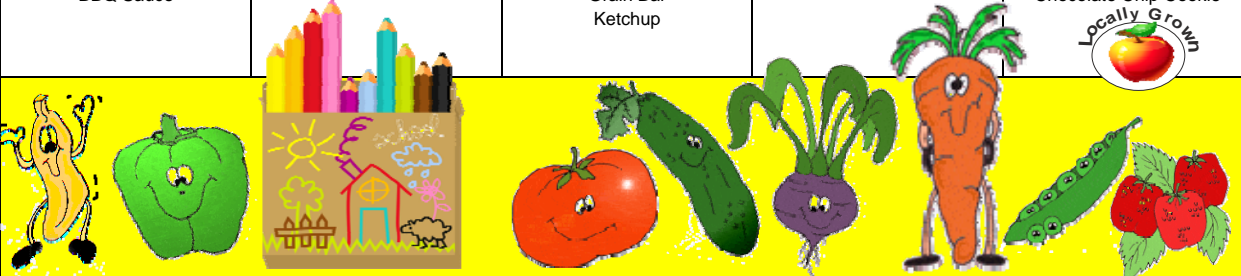








# Lunch Menu



Aug-Sept 2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		August 15, 2011	August 16, 2011	August 17, 2011	August 18, 2011	August 19, 2011
WEEK 1	MENUB	<b>Chicken Tenders</b> Corn Mixed Fruit Oatmeal Raisin Cookie BBQ Sauce	<b>Hot Turkey Ham &amp; Cheese Sandwich</b> 100% Fruit Juice Non-Fat Fruited Yogurt	<b>Island Burger on a Bun</b> Seasoned Potatoes Fresh Fruit Blueberry Fruit & Grain Bar Ketchup	<b>Soft Shell Tacos</b> Taco Salad Pumpkin Bread Taco Sauce	<b>Penne with Marinara Sauce+</b> Garlic Bread <b>Fresh Apple</b> Chocolate Chip Cookie 
	IMENUB					

		August 22, 2011	August 23, 2011	August 24, 2011	August 25, 2011	August 26, 2011
WEEK 2	MENUB	<b>Mini Chicken Sandwiches</b> 100% Fruit Juice Goldfish Pretzels BBQ Sauce	<b>Teriyaki Meatballs</b> Rice Pilaf Raisins Lemon Cookie	<b>Deep Dish Cheese Pizza+</b> Tossed Salad Sunshine Cake Italian Dressing	<b>Salisbury Steak with Gravy</b> Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	<b>Sloppy Joe on a Bun</b> <b>Diced Carrots</b> Snickerdoodle Cookie 
	2MENUB					

		August 29, 2011	August 30, 2011	August 31, 2011	September 1, 2011	September 2, 2011
WEEK 3	MENUB	<b>Whole-Grain Pasta with Meat Sauce</b> Garlic Bread 100% Fruit Juice Vanilla Cookie	<b>Nacho Combo Chili</b> Fresh Baby Carrots	<b>Mini Corn Dogs</b> Corn <b>Fresh Apple</b> Oatmeal Raisin Cookie Ketchup  	<b>Hamburger on a Bun</b> Mixed Vegetables Fresh Fruit Strawberry Whole-Grain Crackers Ketchup	<b>Crispy Chicken Wrap with Lettuce, Tomato &amp; Cheese</b> Banana Bread Fat-Free Ranch Dressing
	3MENUB	<b>Whole-Grain French Toast Sticks</b> Sausage Links* Fresh Fruit Animal Crackers 	<b>Breaded Chicken on a Wheat Bun</b> <b>Diced Carrots</b> 100% Fruit Juice Gingersnap Cookie BBQ Sauce	<b>Max Pizza Stix with Zesty Marinara+</b> Fresh Fruit Blueberry Fruit & Grain Bar	<b>Soft Shell Tacos</b> Taco Salad <b>Fresh Apple</b> Taco Sauce 	<b>Santa Fe Chili</b> Warm Combread 100% Fruit Juice Oatmeal Raisin Cookie

## Lunch Break

**Welcome back!** The beginning of the school year is a good time to talk about Ceres Food Group's menu philosophy. There is a connection between good nutrition and student performance. Our menus highlight fruits, vegetables, leaner meats, low-fat milk products and whole grains while minimizing sugar, trans fat, and saturated fat. Milk served by Ceres contains no artificial growth hormones or antibiotics. Even though we keep our eye on nutrition, we do not sacrifice taste. Our meals are wholesome and appetizing. It's all about bringing quality food to students.

We're thinking green, are you?



Meals Served with Milk

Milk Provided By Ceres Contains No Growth Hormones or Antibiotics



# Lunch Menu



Aug-Sept 2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 5, 2011	September 6, 2011	September 7, 2011	September 8, 2011	September 9, 2011
W E E K	M E N U	<p><b>Labor Day</b></p>	<b>Whole Wheat Spaghetti with Meatballs</b> Broccoli 100% Fruit Juice M&M Cookie	<b>French Bread Cheese Pizza+</b> Fresh Baby Carrots Chocolate Cake	<b>Pancakes</b> Sausage Links* Fresh Fruit Animal Crackers Syrup	<b>Chicken Fajitas</b> Taco Salad Zucchini Bread Taco Sauce
	4		<b>Fiesta Burrito+</b> Peaches Mini Blueberry Loaf Taco Sauce Ranch Dressing	<b>Penne with Marinara Sauce+</b> Country Vegetable Blend Pineapple Pumpkin Bread	<b>Hot Turkey Ham &amp; Cheese Sandwich</b> Fresh Fruit Vanilla Whole-Grain Crackers	<b>Hot Dog on a Bun</b> French Fries Fresh Baby Carrots Ketchup Mustard
W E E K	M E N U	<b>September 12, 2011</b> <b>Chicken Tenders</b> Peas & Carrots 100% Fruit Juice 100% Whole-Grain White Roll BBQ Sauce	<b>September 13, 2011</b> <b>Beef &amp; Tomato with Wheat Pitas</b> Fresh Fruit Carrot Bread	<b>September 14, 2011</b> <b>Chef Boyardee Beef Ravioli</b> Green Beans Fresh Fruit Lemon Cookie	<b>September 15, 2011</b> <b>Hot Dog on a Bun</b> French Fries Blueberry Fruit & Grain Bar Ketchup Mustard	<b>September 16, 2011</b> <b>Ultragrain Stuffed Crust Cheese Pizza+</b> Tossed Salad Homemade Granola Bar Ranch Dressing
	5	<b>Whole-Grain Pasta with Meat Sauce</b> Green Beans Applesauce Carrot Bread	<b>Mini Corn Dogs</b> Corn 100% Fruit Juice Graham Crackers Ketchup	<b>Salisbury Steak with Gravy</b> Whipped Potatoes Fresh Fruit 100% Whole Wheat Roll	<b>Turkey Sloppy Joe on a Wheat Bun</b> Mixed Vegetables Oatmeal Raisin Cookie	<b>Grilled Chicken on a Wheat Bun</b> Diced Carrots Fresh Apple Lemon Cookie BBQ Sauce
W E E K	M E N U	<b>September 19, 2011</b> <b>Max Pizza Stix with Zesty Marinara+</b> Applesauce Pumpkin Bread	<b>September 20, 2011</b> <b>Hot Turkey Ham &amp; Cheese Sandwich</b> 100% Fruit Juice Non-Fat Fruited Yogurt	<b>September 21, 2011</b> <b>Island Burger on a Bun</b> Corn Fresh Fruit Graham Crackers Ketchup	<b>September 22, 2011</b> <b>Penne with Marinara Sauce+</b> Peas Fresh Apple Chocolate Chip Cookie	<b>September 23, 2011</b> <b>Soft Shell Tacos</b> Taco Salad Chocolate Brownie Taco Sauce
	6	<b>Santa Fe Chili</b> Warm Cornbread Fresh Baby Carrots Strawberry Whole-Grain Crackers	<b>Deep Dish Cheese Pizza+</b> Mixed Fruit Banana Bread	<b>Whole Wheat Spaghetti with Meatballs</b> Peas Fresh Apple 100% Whole-Grain White Roll	<b>Whole-Grain French Toast Sticks</b> Sausage Links* Fresh Fruit Animal Crackers	<b>Chicken Tenders</b> Whipped Potatoes 100% Fruit Juice 100% Whole Wheat Roll BBQ Sauce
W E E K	M E N U	<b>September 26, 2011</b> <b>Mini Chicken Sandwiches</b> 100% Fruit Juice Goldfish Pretzels BBQ Sauce	<b>September 27, 2011</b> <b>Teriyaki Meatballs</b> Country Vegetable Blend Raisins Lemon Cookie	<b>September 28, 2011</b> <b>Deep Dish Cheese Pizza+</b> Tossed Salad Banana Bread Italian Dressing	<b>September 29, 2011</b> <b>Salisbury Steak with Gravy</b> Whipped Potatoes Fresh Fruit 100% Whole-Grain White Roll	<b>September 30, 2011</b> <b>Sloppy Joe on a Bun</b> Diced Carrots Snickerdoodle Cookie
	7	<b>Fiesta Burrito+</b> Pears Sunshine Cake Taco Sauce Ranch Dressing	<b>Whole-Grain Pasta with Meat Sauce</b> Peas & Carrots 100% Fruit Juice Snickerdoodle Cookie	<b>Beef &amp; Tomato with Wheat Pitas</b> Tossed Salad Banana Bread Italian Dressing	<b>Chicken Sticks</b> Seasoned Potatoes Fresh Fruit Blueberry Fruit & Grain Bar BBQ Sauce	<b>Chicken Fajitas</b> Taco Salad Apple Spice Bread Taco Sauce



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Aug-Sept 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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