

SEPTEMBER 2021 LUNCH





Milk contains no artificial growth hormones or antibiotics.

We use heart healthy whole-grain breads and serve 100% fruit juice.

Nutrition and allergen information available at

Milk is available with all meals www.FSPro.com

Menu items do not contain pork
+ Contains no meat *Menu Subject to Change*

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>PURPLE CAULIFLOWER: Brimming with vitamin C, potassium & fiber</p>  <p>CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins</p>		<p>1</p> <p>Pizza Crunchers + Refried Beans Fresh Fruit</p>	<p>2</p> <p>Classic Hamburger Ketchup Tater Tots / Ketchup Fresh Fruit</p>	<p>3</p> <p>Turkey Combo & Cheese Sub Mustard PICNIC LUNCH Spinach Salad / Ranch Dressing Baby Carrots 100% Fruit Juice Mini Rice Krispie Treat</p>
<p>6</p> 	<p>7</p> <p>Italian Cheese & Garlic Cheesy Pull Aparts + Pizza Dipping Sauce French Fries / Ketchup Craisins</p>	<p>8</p> <p>All American Cheese Melt + Steamed Green Beans 100% Fruit Juice</p>	<p>9</p> <p>Chicken Parmesan Sandwich Steamed Broccoli Flavored Applesauce</p>	<p>10</p> <p>Beef & Cheese Soft Tacos Taco Sauce Black Beans Baby Carrots Fresh Fruit</p>
<p>13</p> <p>Turkey Sausage Flatbread BBQ Black Beans Baby Carrots Craisins</p>	<p>14</p> <p>Hot Diggity Dog Ketchup Steamed Carrots Flavored Applesauce</p>	<p>15</p> <p>Maple Mini Waffles Poultry Sausage Tater Tots / Ketchup Fresh Fruit</p>	<p>16</p> <p>Popcorn Chicken Breadstick BBQ Sauce Tossed Salad / Ranch Dressing Baby Carrots Fresh Fruit</p>	<p>17</p> <p>Southwest Queso Cheesy Pull Aparts + Steamed Broccoli 100% Fruit Juice</p>
<p>20</p> <p>Chicken Nuggets Goldfish Crackers BBQ Sauce Sweet Potato Fries Fresh Fruit</p>	<p>21</p> <p>Confetti Pancakes Poultry Sausage Tater Tots / Ketchup Flavored Applesauce</p>	<p>22</p> <p>Cheesy Flatbread + Steamed Green Beans Fresh Fruit</p>	<p>23</p> <p>Breaded Chicken Sandwich BBQ Sauce Steamed Broccoli Craisins</p>	<p>24</p> <p>Mini Corn Dogs Mustard Black Charro Beans Baby Carrots 100% Fruit Juice</p>
<p>27</p> <p>Deep Dish Galaxy Pepperoni Pizza Sweet Potato Fries Fresh Fruit</p>	<p>28</p> <p>Oven Roasted Chicken Drumstick Brown Rice Emoticon Fries / Ketchup 100% Fruit Juice</p>	<p>29</p> <p>Spaghetti with Meatballs Steamed Green Beans Fresh Fruit</p>	<p>30</p> <p>Hot Diggity Dog Ketchup Steamed Broccoli Craisins</p>	 <p>EGGPLANT: Full of fiber, folate, & antioxidants</p>