

02
Chocolate Chip Oat Bar
1% White Milk

03
Cheddar Goldfish Crackers
Apple Juice

04
Honey Lil' GrahamSquare
1% White Milk

05
Pretzel Goldfish Crackers
Fruit Juice

06
Apple Cinnamon NutraGrain Bar
1% White Milk

09
Animal Crackers
1% White Milk

10
Cheez-It Crackers
Apple Juice

11
Chocolate Bear Grahams
1% White Milk

12
Blueberry Muffin
1% White Milk

13
Fruity Cheerios Bar
Fresh Pear

16
Cheddar Goldfish Crackers
Apple Juice

17
Animal Crackers
1% White Milk

18
Cheez-It Cracker
Fruit Juice

19
String Cheese
1% White Milk

20
Scooby Doo Crackers
1% White Milk

23
Jungle Crackers
1% White Milk

24
Cinnamon Bear Grahams
1% White Milk

25
Pretzel Goldfish
Orange Juice

26
Bug Bites Cinnamon Grahams
1% White Milk

27
SunChips Harvest Cheddar Snack Mix
Fresh Apple Slices

30
Scooby Doo Crackers
1% White Milk

Did you know...?

Menu Subject to Change

- We only use heart healthy whole grain breads, pastas, and rolls.
- Milk contains no artificial growth hormones or antibiotics.
- Milk is available with all meals.
- All Juice is 100% Fruit Juice
- *Item Contains Pork +Item Does Not Contain Meat
- ^Item Contains Fish
- Nutrition and Allergen Information available at: <http://www/fspro.com/nutrition.html>

Health & Wellness Message- Smart Snacks

Smart Snacking keeps your energy level high and your weight down. If you need an energy boost during the day, try nutrient-rich foods from the grains, fruits, vegetables, dairy, and protein food groups. Have you tried healthy snacks such as baby carrots with low-fat ranch dressing or whole-grain crackers with string cheese? They taste good and give you vitamins and minerals your body needs.

