



1

Rice Krispies

Animal Crackers
Craisins
Fresh Orange

4

Cinnamon Ultimate Breakfast Round

Peach Applesauce
Apple Juice

5

Trix Cereal Bar

Vanilla Yogurt
Diced Pears
Craisins

6

Banana Muffin

Fresh Clementine
Apple Juice

7

Bagel

Cream Cheese
Diced Peaches
Fresh Apple

8

Banana Chocolate Bar

Peach- Mango
Applesauce
Fresh Orange

11

Butterscotch Oat Bar

Strawberry Banana
Yogurt
Diced Pears
Apple Juice

12

Bagel

Cream Cheese
Craisins
Grape Juice

13

Cheerios

Scooby Doo Crackers
Fresh Apple
Orange Juice

14

Froot Loops

String Cheese
Cinnamon Applesauce
Fruit Juice

15

Cheerios

Chocolate Bear Grahams
Craisins
Fresh Pear

18

Cinnamon Toast Crunch

Honey Bear Grahams
Mixed Berry Applesauce
Orange Juice

19

Blueberry Muffin

String Cheese
Craisins
Fruit Juice

20

Golden Grahams

Animal Crackers
Fresh Apple
Grape Juice

21

Fruity Cheerios Bar

String Cheese
Diced Peaches
Fresh Orange

22

Apple Jacks

Jungle Crackers
Peach Applesauce
Craisins

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:
Why Physical Activity is Cool**

Developing sound health habits when you are young pays off by keeping you looking and feeling good. One of the best things you can do for yourself is to move. Most health professionals say kids and teens should get at least 60 minutes of physical activity each day. Keep it moving with activities like playing sports, dancing, taking the stairs instead of the elevator, and walking a dog.