

1
**Salisbury Steak
w/ Parsley Noodles**

Mashed Potatoes
Tossed Salad / French
Dressing
Fresh Pear
Apple Juice

4
Beef Soft Tacos
Taco Sauce

Lime Cilantro Rice
Black Beans
Fresh Cherry Tomatoes
Craisins
Grape Juice

5
Pizza Dippers+
Marinara Sauce

Sweet Golden Corn
Fresh Baby Carrots
Strawberry Applesauce
Orange Juice

6
Cheeseburger
Ketchup / Mustard

Garden Salsa SunChips
French Fries / Ketchup
Fresh Broccoli
Fresh Orange
Fruit Juice

7
**Chicken Penne Pasta
w/ Tomato Cream Sauce**
Dinner Roll

Tossed Salad / French
Dressing
Green Peas
Fresh Clementine
Apple Juice

8
Chicken Sliders
BBQ Sauce

Sweet Golden Corn
Fresh Baby Carrots
Fresh Apple
Orange Juice

11
Meatball Sub

Baked Beans
Fresh Baby Carrots
Peach Applesauce
Grape Juice
Cheddar Goldfish
Crackers

12
Pepperoni Pizza

Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup
Fruit Juice
Animal Crackers

13
Chicken Nuggets
Dinner Roll / Ketchup

Tater Tots / Ketchup
Tossed Salad / Ranch
Dressing
Fresh Pear
Apple Juice

14
Hot Dog
Ketchup / Mustard

Jungle Crackers
French Fries / Ketchup
Fresh Celery Sticks
Mixed Berry Applesauce
Grape Juice

15
Spaghetti & Meatballs
Breadstick

Fresh Broccoli
Steamed Carrots
Fresh Apple
Orange Juice

18
Cheeseburger
Ketchup / Mustard

Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup
Fresh Banana

19
Maple Pancakes+
Poultry Sausage

Tater Tots / Ketchup
Fresh Baby Carrots /
Ranch Dressing
Applesauce
Fruit Juice

20
Cheese Pizza+
Animal Crackers

Sweet Golden Corn
Red Pepper Slices
Fresh Apple Slices
Grape Juice

21
**Breaded Chicken
Sandwich**
BBQ Sauce

Black Charro Beans
Fresh Broccoli
Craisins
Orange Juice

22
Hot Dog
Ketchup / Mustard

French Fries / Ketchup
Tossed Salad / French
Dressing
Fresh Orange
Apple Juice

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.