



**1**  
**Rice Krispies**  
Animal Crackers  
Craisins  
Fresh Orange

**4**  
**Cinnamon Ultimate Breakfast Round**  
Peach Applesauce  
Apple Juice

**5**  
**Sausage & Cheese English Muffin**  
Diced Pears  
Craisins

**6**  
**Blueberry Mini Waffles**  
Fresh Clementine  
Apple Juice

**7**  
**Cherry Frudel**  
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**  
**Cinnamon French Toast**  
Craisins  
Grape Juice

**13**  
**Cheddar Cheese Omelet**  
Scooby Doo Crackers  
Fresh Apple  
Orange Juice

**14**  
**Maple Pancakes**  
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**  
**Egg & Cheese English Muffin**  
Craisins  
Fruit Juice

**20**  
**Turkey Pancake Wrap**  
Syrup  
Fresh Apple  
Grape Juice

**21**  
**Berry French Toast**  
Animal Crackers  
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.