

**4 Beef Soft Tacos**  
Taco Sauce  
OR  
**Breaded Chicken Sandwich**  
BBQ Sauce  
  
Black Beans  
Fresh Cherry Tomatoes  
Craisins

**5 Pizza Dippers+**  
Marinara Sauce  
OR  
**Corn Dog**  
Ketchup / Mustard  
  
Sweet Golden Corn  
Fresh Baby Carrots  
Strawberry Applesauce

**6 Cheeseburger**  
Ketchup / Mustard  
OR  
**Chicken Tenders**  
Breadsticks / BBQ Sauce  
  
French Fries / Ketchup  
Fresh Broccoli  
Fresh Orange

**7 Chicken Penne Pasta**  
w/ Tomato Cream Sauce  
Dinner Roll  
OR  
**Chicken Soft Tacos**  
w/ Mexican Rice Taco Sauce  
  
Tossed Salad / French Dressing  
Green Peas  
Fresh Clementine

**8 Chicken Sliders**  
BBQ Sauce  
OR  
**Cheese Pizza+**  
  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Apple

**1 Salisbury Steak**  
w/ Parsley Noodles  
OR  
**Fish Sticks^**  
Breadstick / Ketchup  
  
Mashed Potatoes  
Tossed Salad / French Dressing  
Fresh Pear

**11 Meatball Sub**  
OR  
**Breaded Chicken Sandwich**  
BBQ Sauce  
  
Baked Beans  
Fresh Baby Carrots  
Peach Applesauce

**12 Pepperoni Pizza**  
OR  
**Chicken Mashed Potato Bowl w/ Corn & Cheese**  
Dinner Roll  
  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup  
**Animal Crackers**

**13 Chicken Nuggets**  
Dinner Roll / Ketchup  
OR  
**Grilled Cheese Sandwich+**  
  
Tater Tots / Ketchup  
Tossed Salad / Ranch Dressing  
Fresh Pear

**14 Hot Dog**  
Ketchup / Mustard  
OR  
**Cheese Pizza+**  
Cheez-It Crackers  
  
French Fries / Ketchup  
Fresh Celery Sticks  
Mixed Berry Applesauce

**15 Spaghetti & Meatballs**  
Breadstick  
OR  
**Macaroni & Cheese+**  
  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple

**18 Cheeseburger**  
Ketchup / Mustard  
OR  
**Pizza Dippers+**  
Marinara Sauce  
  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup

**19 Maple Pancakes+**  
Poultry Sausage  
OR  
**Turkey Ham & Cheese Panini**  
  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Applesauce

**20 Cheese Pizza+**  
Animal Crackers  
OR  
**Orange Popcorn Chicken**  
w/ Broccoli & Lime Cilantro Rice  
  
Sweet Golden Corn  
Celery Sticks  
Fresh Apple Slices

**21 Breaded Chicken Sandwich**  
BBQ Sauce  
OR  
**Cheese Burrito+**  
  
Black Charro Beans  
Fresh Broccoli  
Craisins

**22 Hot Dog**  
Ketchup / Mustard  
OR  
**Pepperoni Pizza**  
Pretzel Goldfish  
  
French Fries / Ketchup  
Tossed Salad / French Dressing  
Fresh Orange

**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.