

**1**  
**Salisbury Steak w/ Parsley Noodles**  
 Mashed Potatoes  
 Tossed Salad / French Dressing  
 Fresh Pear

**4**  
**Beef Soft Tacos**  
 Taco Sauce  
 Black Beans  
 Fresh Cherry Tomatoes  
 Craisins

**5**  
**Pizza Dippers+**  
 Marinara Sauce  
 Sweet Golden Corn  
 Fresh Baby Carrots  
 Strawberry Applesauce

**6**  
**Cheeseburger**  
 Ketchup / Mustard  
 French Fries / Ketchup  
 Fresh Broccoli  
 Fresh Orange

**7**  
**Chicken Penne Pasta w/ Tomato Cream Sauce**  
 Dinner Roll  
 Tossed Salad / French Dressing  
 Green Peas  
 Fresh Clementine

**8**  
**Chicken Sliders**  
 BBQ Sauce  
 Sweet Golden Corn  
 Fresh Baby Carrots  
 Fresh Apple

**11**  
**Meatball Sub**  
 Baked Beans  
 Fresh Baby Carrots  
 Peach Applesauce

**12**  
**Pepperoni Pizza**  
 Sweet Golden Corn  
 Fresh Cherry Tomatoes  
 Mixed Fruit Cup  
**Animal Crackers**

**13**  
**Chicken Nuggets**  
 Dinner Roll / Ketchup  
 Tater Tots / Ketchup  
 Tossed Salad / Ranch Dressing  
 Fresh Pear

**14**  
**Hot Dog**  
 Ketchup / Mustard  
 French Fries / Ketchup  
 Fresh Celery Sticks  
 Mixed Berry Applesauce

**15**  
**Spaghetti & Meatballs**  
 Breadstick  
 Fresh Broccoli  
 Steamed Carrots  
 Fresh Apple

**18**  
**Cheeseburger**  
 Ketchup / Mustard  
 Sweet Golden Corn  
 Fresh Cherry Tomatoes  
 Mixed Fruit Cup

**19**  
**Maple Pancakes+**  
 Poultry Sausage  
 Tater Tots / Ketchup  
 Fresh Baby Carrots  
 Applesauce

**20**  
**Cheese Pizza+**  
 Animal Crackers  
 Sweet Golden Corn  
 Celery Sticks  
 Fresh Apple Slices

**21**  
**Breaded Chicken Sandwich**  
 BBQ Sauce  
 Black Charro Beans  
 Fresh Broccoli  
 Craisins

**22**  
**Hot Dog**  
 Ketchup / Mustard  
 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.