

1 Scooby Doo Crackers
1% White Milk

4 Jungle Crackers
1% White Milk

5 Cinnamon Bear Grahams
1% White Milk

6 Pretzel Goldfish Crackers
Orange Juice

7 Bug Bites Cinnamon Grahams
1% White Milk

8 Harvest Cheddar SunChips
Fresh Apple

11 Scooby Doo Crackers
1% White Milk

12 Team Cheerios Bar
Orange Juice

13 Cheez-It Crackers
Fruit Juice

14 Butterscotch Oat Bar
1% White Milk

15 Honey Bear Grahams
1% White Milk

18 Chocolate Chip Oat Bar
1% White Milk

19 Cheddar Goldfish Crackers
Apple Juice

20 Honey Lil' GrahamSquares
1% White Milk

21 Pretzel Goldfish Crackers
Fruit Juice

22 Apple Cinnamon Nutra Grain Bar
1% White Milk

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.