

01  
**HOLIDAY**

02 **Maple Mini Waffles**  
Poultry Sausage  
OR  
**Pepperoni Pizza**  
OR  
**Fresh Fruit & Cheese Plate+**  
Garden Salsa Sun Chips  
  
Tater Tots/ Ketchup  
Fresh Baby Carrots  
Peach-Mango Applesauce

03 **Cheese Pizza+**  
OR  
**Corn Dog**  
Ketchup / Mustard  
OR  
**Vanilla Yogurt w/ Trail Mix+**  
Animal Crackers  
  
Steamed Broccoli  
Sweet Golden Corn  
Fresh Orange

04 **Chicken Tenders**  
Dinner Roll / BBQ Sauce  
OR  
**New!**  
**BBQ Meatballs**  
OR  
**Popcorn Chicken Salad**  
Jungle Crackers / Ranch Dressing  
  
Mashed Potatoes  
Fresh Cherry Tomatoes  
Diced Peaches

05 **Macaroni & Cheese+**  
OR  
**New!**  
**Fish Sandwich^**  
Ketchup  
OR  
**Garden Salad w/ Cheese+**  
Dinner Roll / Ranch Dressing  
  
BBQ Black Beans  
Tossed Salad / French Dressing  
Fresh Pear

08 **Beef Tacos**  
Taco Sauce  
OR  
**Breaded Chicken Sandwich**  
BBQ Sauce  
OR  
**Vanilla Yogurt w/ Trail Mix+**  
Scooby Doo Crackers  
  
Black Beans  
Fresh Cherry Tomatoes  
Craisins

09 **Pizza Dippers+**  
Marinara Sauce  
OR  
**Corn Dog**  
Ketchup / Mustard  
OR  
**Farmer's Market Combo+**  
Cheddar Goldfish Crackers  
  
Sweet Golden Corn  
Fresh Baby Carrots  
Strawberry Applesauce

10 **Cheeseburger**  
Ketchup / Mustard  
OR  
**Chicken Tenders**  
Breadstick / BBQ Sauce  
OR  
**All-American Salad\***  
Dinner Roll / French Dressing  
  
French Fries / Ketchup  
Fresh Broccoli  
Fresh Orange

11 **Chicken Penne Pasta**  
w/ Tomato Cream Sauce  
Dinner Roll  
OR  
**Chicken Tacos w/ Mexican Rice**  
Taco Sauce  
OR  
**Chef Salad w/ Egg+**  
Pretzel Goldfish/ Breadstick / Ranch Dressing  
  
Green Peas  
Tossed Salad / French Dressing  
Fresh Apple

12 **Vegetarian**  
**Nacho Combo+**  
w/ Chili Beans & Cheese  
OR  
**Cheese Pizza+**  
OR  
**New!** **Strawberry Yogurt w/**  
**Trail Mix+**  
Pretzel Goldfish/ Breadstick / Ranch Dressing  
  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Clementine

15 **Pepperoni Pizza**  
Animal Crackers  
OR  
**Meatball Sub**  
OR  
**Farmer's Market Combo+**  
Cheddar Goldfish Crackers  
  
Vegetarian Baked Beans  
Fresh Baby Carrots  
Peach Applesauce

16 **New!**  
**Strawberry Pancakes**  
Vanilla Yogurt  
OR  
**Chicken Mashed Potato Bowl**  
w/ Corn & Cheese Dinner Roll  
OR  
**Fresh Fruit & Cheese Plate+**  
Animal Crackers  
  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup

17 **Chicken Nuggets**  
Dinner Roll / Ketchup  
OR  
**Grilled Cheese Sandwich+**  
OR  
**Beef Nacho Salad**  
Jungle Crackers  
  
**New!** Roasted Potatoes /  
Ketchup  
Tossed Salad / Ranch Dressing  
Fresh Pear

18 **Hot Dog**  
Ketchup / Mustard  
OR  
**Cheese Pizza+**  
Cheez-It Crackers  
OR  
**Vanilla Yogurt w/ Trail Mix+**  
Scooby Doo Crackers  
  
French Fries / Ketchup  
Fresh Celery Sticks  
Mixed Berry Applesauce

19 **Macaroni & Cheese+**  
OR  
**Fish Sticks^**  
Breadsticks / Ketchup  
OR  
**Garden Salad w/ Cheese+**  
Dinner Roll / Ranch Dressing  
  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple

22 **Cheeseburger**  
Ketchup / Mustard  
OR  
**Pizza Dippers+**  
Marinara Sauce  
OR  
**Farmer's Market Combo+**  
Cheez-It Crackers  
  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup

23 **Mini Maple Pancakes**  
Poultry Sausage  
OR  
**Grilled Turkey Ham & Cheese**  
OR  
**New!**  
**Strawberry Yogurt w/ Trail Mix+**  
Scooby Doo Crackers  
  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Applesauce

24 **Salisbury Steak**  
w/ Noodles & Gravy  
OR  
**Breaded Chicken Sandwich**  
BBQ Sauce  
OR  
**Garden Salad w/ Cheese**  
Dinner Roll / Ranch Dressing  
  
Mashed Potatoes  
Fresh Celery Sticks  
Fresh Apple Slices

25 **Cheese Pizza+**  
Animal Crackers  
OR  
**New!**  
**Turkey Ham & American Cheese**  
Loaded Pretzel  
OR  
**Chef Salad w/Egg+**  
Dinner Roll / French Dressing  
  
Black Charro Beans  
Fresh Broccoli  
Craisins

26 **Baked Penne Pasta+**  
OR  
**Cheese & Bean Burrito+**  
OR  
**Vanilla Yogurt w/ Trail Mix+**  
Animal Crackers  
  
**New!** Sweet Potato Fries /  
Ketchup  
Tossed Salad / Ranch Dressing  
Fresh Orange

29 **Cheeseburger**  
Ketchup / Mustard  
OR  
**Sloppy Joe Sandwich**  
OR  
**Fresh Fruit & Cheese Plate+**  
Garden Salsa Sun Chips  
  
French Fries / Ketchup  
Fresh Baby Carrots  
Cinnamon Applesauce

30 **Cheese Pizza+**  
OR  
**Corn Dog**  
Ketchup / Mustard  
OR  
**Farmers Market Combo+**  
Cheddar Goldfish Crackers  
  
Three Bean Salad  
Steamed Carrots  
Fruit Juice

31 **Nacho Combo**  
w/ Beef Chili & Cheese  
OR  
**Oven Roasted Chicken**  
Drumstick w/ Brown Rice  
OR  
**Chef Salad w/ Ham\***  
Dinner Roll / Ranch Dressing  
  
Sweet Golden Corn  
Tossed Salad / Ranch Dressing  
Fresh Pear

**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- What's Up, Doc?**

Regular checkups are part of your prescription for good health. Even if you are scared to go to the doctor, don't put your medical exams on hold. You can find and treat health problems early and help to develop a relationship with your doctor. Remember to cover your nose when you sneeze and cover your mouth when you cough then make sure you wash your hands with soap and water.

