

01  
**HOLIDAY**

02  
**Maple Mini Waffles**  
Poultry Sausage  
Tater Tots/ Ketchup  
Fresh Baby Carrots  
Peach-Mango Applesauce

03  
**Cheese Pizza+**  
Steamed Broccoli  
Sweet Golden Corn  
Fresh Orange

04  
**Chicken Tenders**  
Dinner Roll / BBQ Sauce  
Mashed Potatoes  
Fresh Cherry Tomatoes  
Diced Peaches

05  
**Macaroni & Cheese+**  
BBQ Black Beans  
Tossed Salad / French Dressing  
Fresh Pear

08  
**Beef Tacos**  
Taco Sauce  
Black Beans  
Fresh Cherry Tomatoes  
Craisins

09  
**Pizza Dippers+**  
Marinara Sauce  
Sweet Golden Corn  
Fresh Baby Carrots  
Strawberry Applesauce

10  
**Cheeseburger**  
Ketchup / Mustard  
French Fries / Ketchup  
Fresh Broccoli  
Fresh Orange

11  
**Chicken Penne Pasta w/ Tomato Cream Sauce**  
Dinner Roll  
Green Peas  
Tossed Salad / French Dressing  
Fresh Apple

12  
**Vegetarian Nacho Combo+ w/ Chili Beans & Cheese**  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Clementine

15  
**Pepperoni Pizza**  
Animal Crackers  
Vegetarian Baked Beans  
Fresh Baby Carrots  
Peach Applesauce

16  
***New!* Strawberry Pancakes**  
Vanilla Yogurt  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup

17  
**Chicken Nuggets**  
Dinner Roll / Ketchup  
***New!*** Roasted Potatoes / Ketchup  
Tossed Salad / Ranch Dressing  
Fresh Pear

18  
**Hot Dog**  
Ketchup / Mustard  
French Fries / Ketchup  
Fresh Celery Sticks  
Mixed Berry Applesauce

19  
**Macaroni & Cheese+**  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple

22  
**Cheeseburger**  
Ketchup / Mustard  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup

23  
**Mini Maple Pancakes**  
Poultry Sausage  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Applesauce

24  
**Salisbury Steak w/ Noodles & Gravy**  
Mashed Potatoes  
Fresh Celery Sticks  
Fresh Apple Slices

25  
**Cheese Pizza+**  
Animal Crackers  
Black Charro Beans  
Fresh Broccoli  
Craisins

26  
**Baked Penne Pasta+**  
***New!*** Sweet Potato Fries / Ketchup  
Tossed Salad / Ranch Dressing  
Fresh Orange

29  
**Cheeseburger**  
Ketchup / Mustard  
French Fries / Ketchup  
Fresh Baby Carrots  
Cinnamon Applesauce

30  
**Cheese Pizza+**  
Three Bean Salad  
Steamed Carrots  
Fruit Juice

31  
**Nacho Combo w/ Beef Chili & Cheese**  
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.

