

01 **Chicken Soft Tacos w/ Mexican Rice**
Taco Sauce
OR
Grilled Cheese Sandwich+
OR
Yogurt w/ Trail Mix+
Scooby Doo Crackers

Green Peas
Carrot Coins
Fresh Fruit

02 **Mini Maple Waffles**
Poultry Sausage
OR
Pepperoni Pizza
OR
Fruit & Cheese Plate+
Harvest Cheddar SunChips

Tater Tots / Ketchup
Fresh Baby Carrots
Peach Applesauce

03 **Cheese Pizza+**
OR
Macaroni & Cheese+
OR
Chef Salad w/ Turkey
Ranch Dressing / Dinner Roll / Animal Crackers

Fresh Broccoli
Sweet Golden Corn
Fresh Fruit

04 **Chicken Tenders**
Dinner Roll / BBQ Sauce
OR
Cheeseburger
Ketchup / Mustard
OR
Popcorn Chicken Salad
Ranch Dressing / Jungle Crackers

BBQ Black Beans
Fresh Cherry Tomatoes
Fresh Fruit

05 **Sweet & Sour Meatballs w/ Brown Rice**
OR
Fish Sticks^
Ketchup / Breadstick
OR
Garden Salad +
Ranch Dressing / Dinner Roll

Green Peas
Tossed Salad / French Dressing
Fresh Fruit

08 **Beef Soft Tacos**
Taco Sauce
OR
Breaded Chicken Sandwich
BBQ Sauce
OR
Yogurt w/ Trail Mix+
Scooby Doo Crackers

Black Beans
Fresh Cherry Tomatoes
Craisins

09 **Pizza Dippers+**
Marinara Sauce
OR
Corn Dog
Ketchup / Mustard
OR
Farmers Market Combo+
Cheddar Goldfish Crackers

Green Peas
Fresh Baby Carrots
Strawberry Applesauce

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

French Fries / Ketchup
Fresh Broccoli
Fresh Fruit

11 **Rotini w/ Meat Sauce**
Dinner Roll
OR
Chicken Soft Tacos w/ Mexican Rice
Taco Sauce
OR
Chef Salad w/ Egg+
Ranch Dressing / Breadstick
Pretzel Goldfish Crackers

Sweet Golden Corn
Tossed Salad / French Dressing
Fresh Fruit

12 **Chicken Sliders**
BBQ Sauce
OR
Cheese Pizza+
OR
Chef Salad w/ Turkey
Ranch Dressing / Dinner Roll

Green Peas
Carrot Coins
Fresh Fruit

15 **Meatball Sub**
OR
Breaded Chicken Sandwich
BBQ Sauce
OR
Farmer's Market Combo+
Cheddar Goldfish Crackers

Baked Beans
Fresh Baby Carrots
Peach Applesauce

16 **Chicken Mashed Potato Bowl w/ Corn & Cheese**
Dinner Roll
OR
Cheese Pizza+
OR
Fresh Fruit & Cheese Plate+
Animal Crackers

Green Peas
Fresh Cherry Tomatoes
Mixed Fruit Cup

17 **Chicken Nuggets**
Dinner Roll / Ketchup
OR
Grilled Cheese Sandwich+
OR
Beef Nacho Salad
Jungle Crackers

Sweet Golden Corn
Tossed Salad / Ranch Dressing
Fresh Fruit

18 **Hot Dog**
Ketchup / Mustard
OR
Spaghetti & Meatballs
Breadstick
OR
Popcorn Chicken Salad
Ranch Dressing / Dinner Roll

French Fries / Ketchup
Fresh Celery Sticks
Strawberry Applesauce

19 **Macaroni & Cheese+**
OR
Pepperoni Pizza
OR
Garden Salad +
French Dressing / Dinner Roll

Fresh Broccoli
Steamed Carrots
Fresh Fruit

22 **Cheeseburger**
Ketchup / Mustard
OR
Pizza Dippers +
Marinara Sauce
OR
Yogurt w/ Trail Mix+
Scooby Doo Crackers

Green Peas
Fresh Cherry Tomatoes
Mixed Fruit Cup

23 **Mini Maple Pancakes**
Poultry Sausage
OR
BBQ Chicken Wedges
OR
Farmers Market Combo+
Cheez-It Crackers

Tater Tots / Ketchup
Fresh Baby Carrots
Applesauce

24 **Cheese Pizza+**
Pretzel Goldfish Crackers
OR
Orange Popcorn Chicken w/ Broccoli & Cilantro Rice
OR
Garden Salad+
French Dressing / Dinner Roll

Green Peas
Fresh Celery Sticks
Fresh Fruit

25 **Breaded Chicken Sandwich**
BBQ Sauce
OR
Cheese Burrito
OR
Chef Salad w/ Egg+
French Dressing / Dinner Roll

Black Charro Beans
Fresh Broccoli
Craisins

26 **Hot Dog**
Ketchup / Mustard
OR
Pepperoni Pizza
Pretzel Goldfish Crackers
OR
Chef Salad w/ Turkey
Ranch Dressing / Dinner Roll

French Fries / Ketchup
Tossed Salad / French Dressing
Fresh Fruit

29

HOLIDAY

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**
OR
Oven Roasted Drumstick w/ Brown Rice
OR
Chef Salad w/ Ham
Italian Dressing / Dinner Roll

Green Peas
Tossed Salad / Italian Dressing
Fresh Fruit

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.
- 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

Color My Plate: Farmer's Market:

When the weather gets warmer, many communities operate farmer's markets. A farmer's market is a place where local farmers sell fruits, vegetables, and other foods directly to consumers. It's a fun and inexpensive way to purchase fresh produce. It's also a great way to support the local economy. To find a farmer's market near you, visit the Department of Agriculture website.