

01

Chicken Soft Tacos w/
Mexican Rice
Taco Sauce
OR
Yogurt w/ Trail Mix+
Scooby Doo Crackers

Green Peas
Carrot Coins
Fresh Fruit

02

Mini Maple Waffles
Poultry Sausage
OR
Fruit & Cheese Plate+
Harvest Cheddar SunChips

Tater Tots / Ketchup
Fresh Baby Carrots
Peach Applesauce

03

Cheese Pizza+
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
Popcorn Chicken Salad
Ranch Dressing / Jungle Crackers

BBQ Black Beans
Fresh Cherry Tomatoes
Fresh Fruit

05

Sweet & Sour Meatballs
w/ Brown Rice
OR
Garden Salad +
Ranch Dressing / Dinner Roll

Green Peas
Tossed Salad / French Dressing
Fresh Fruit

08

Beef Soft Tacos
Taco Sauce
OR
Yogurt w/ Trail Mix+
Scooby Doo Crackers

Black Beans
Fresh Cherry Tomatoes
Craisins

09

Pizza Dippers+
Marinara Sauce
OR
Farmers Market Combo+
Cheddar Goldfish Crackers

Green Peas
Fresh Baby Carrots
Strawberry Applesauce

10

Cheeseburger
Ketchup / Mustard
OR
All- American Salad
French Dressing / Dinner Roll

French Fries / Ketchup
Fresh Broccoli
Fresh Fruit

11

Rotini w/ Meat Sauce
Dinner Roll
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
Chef Salad w/ Turkey
Ranch Dressing / Dinner Roll

Green Peas
Carrot Coins
Fresh Fruit

15

Meatball Sub
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
Fresh Fruit & Cheese Plate+
Animal Crackers

Green Peas
Fresh Cherry Tomatoes
Mixed Fruit Cup

17

Chicken Nuggets
Dinner Roll / Ketchup
OR
Beef Nacho Salad
Jungle Crackers

Sweet Golden Corn
Tossed Salad / Ranch Dressing
Fresh Fruit

18

Hot Dog
Ketchup / Mustard
OR
Popcorn Chicken Salad
Ranch Dressing / Dinner Roll

French Fries / Ketchup
Fresh Celery Sticks
Strawberry Applesauce

19

Macaroni & Cheese+
OR
Garden Salad +
French Dressing / Dinner Roll

Fresh Broccoli
Steamed Carrots
Fresh Fruit

22

Cheeseburger
Ketchup / Mustard
OR
Yogurt w/ Trail Mix+
Scooby Doo Crackers

Green Peas
Fresh Cherry Tomatoes
Mixed Fruit Cup

23

Mini Maple Pancakes
Poultry Sausage
OR
Farmers Market Combo+
Cheez-It Crackers

Tater Tots / Ketchup
Fresh Baby Carrots
Applesauce

24

Cheese Pizza+
Pretzel Goldfish Crackers
OR
Garden Salad+
French Dressing / Dinner Roll

Green Peas
Fresh Celery Sticks
Fresh Fruit

25

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

Black Charro Beans
Fresh Broccoli
Craisins

26

Hot Dog
Ketchup / Mustard
OR
Chef Salad w/ Turkey
Ranch Dressing / Dinner Roll

French Fries / Ketchup
Tossed Salad / French Dressing
Fresh Fruit

29

HOLIDAY

30

Cheese Pizza+
OR
Farmers Market Combo+
Cheddar Goldfish Crackers

Three Bean Salad
Steamed Carrots
Fruit Juice

31

Nacho Combo
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.