

01

Banana Muffin
Fresh Clementine
Apple Juice

02

Bagel
Cream Cheese
Diced Peaches
Fresh Apple

03

Banana Chocolate Bar
Peach Mango Applesauce
Fresh Orange

06

Butterscotch Oat Bar
Strawberry Banana Yogurt
Diced Pears
Apple Juice

07

Bagel
Cream Cheese
Craisins
Grape Juice

08

Cheerios
Scooby Doo Crackers
Fresh Apple
Orange Juice

09

Froot Loops
String Cheese
Cinnamon Applesauce
Fruit Juice

10

Cheerios
Chocolate Bear Grahams
Craisins
Fresh Pear

13

Cinnamon Toast Crunch
Honey Bear Grahams
Mixed Berry Applesauce
Orange Juice

14

Blueberry Muffin
String Cheese
Craisins
Fruit Juice

15

Golden Grahams
Fresh Apple
Grape Juice
Animal Crackers

16

Fruity Cheerios Bar
String Cheese
Diced Peaches
Fresh Orange

17

Apple Jacks
Jungle Crackers
Peach Applesauce
Craisins

20

Trix Cereal Bar
String Cheese
Grape Juice
Fresh Orange

21

Banana Muffin
Strawberry Yogurt
Diced Peaches
Apple Juice

22

Froot Loops
String Cheese
Fresh Apple
Fruit Juice

**Holiday-
No Lunch Service**

27

Frosted Strawberry Poptart
String Cheese
Diced Peaches
Fruit Juice

28

Cinnamon Toast Crunch
Animal Crackers
Craisins
Orange Juice

29

Chocolate Chip Muffin
Cinnamon Applesauce
Grape Juice

30

Trix Cereal Bar
Strawberry Banana Yogurt
Fresh Banana
Apple Juice

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 your dog.