

**01**  
**Cheeseburger**  
Ketchup / Mustard  
Garden Salsa SunChips  
French Fries / Ketchup  
Fresh Broccoli  
Fresh Orange  
Fruit Juice

**02**  
**Chicken Penne Pasta**  
w/ Tomato Cream Sauce  
Dinner Roll  
Tossed Salad / French Dressing  
Green Peas  
Fresh Clementine  
Apple Juice

**03**  
**Chicken Sliders**  
BBQ Sauce  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Apple  
Orange Juice

**06**  
**Meatball Sub**  
Vegetarian Baked Beans  
Fresh Baby Carrots  
Peach Applesauce  
Grape Juice  
Cheddar Goldfish  
Crackers

**07**  
**Pepperoni Pizza**  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup  
Fruit Juice  
Animal Crackers

**08**  
**Chicken Nuggets**  
Dinner Roll / Ketchup  
Tater Tots / Ketchup  
Tossed Salad / Ranch  
Dressing  
Fresh Pear  
Apple Juice

**09**  
**Hot Dog**  
Ketchup / Mustard  
Jungle Crackers  
French Fries / Ketchup  
Fresh Celery Sticks  
Mixed Berry Applesauce  
Grape Juice

**10**  
**Spaghetti & Meatballs**  
Breadstick  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple  
Orange Juice

**13**  
**Cheeseburger**  
Ketchup / Mustard  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup  
Fresh Banana

**14**  
**Maple Pancakes**  
Poultry Sausage  
Tater Tots / Ketchup  
Fresh Baby Carrots/  
Ranch Dressing  
Applesauce  
Fruit Juice

**15**  
**Cheese Pizza+**  
Animal Crackers  
Sweet Golden Corn  
Red Pepper Slices  
Fresh Apple Slices  
Grape Juice

**16**  
**Breaded Chicken Sandwich**  
BBQ Sauce  
Black Charro Beans  
Fresh Broccoli  
Craisins  
Orange Juice

**17**  
**Hot Dog**  
Ketchup / Mustard  
French Fries / Ketchup  
Tossed Salad / French  
Dressing  
Fresh Orange  
Apple Juice

**20**  
**Sloppy Joe**  
French Fries / Ketchup  
Fresh Baby Carrots  
Cinnamon Applesauce  
Apple Juice

**21**  
**Cheese Pizza+**  
Three Bean Salad  
Steamed Carrots  
Fruit Juice  
Diced Peaches

**22**  
**Nacho Combo**  
w/ Beef Chili & Cheese  
Brown Rice  
Sweet Golden Corn  
Tossed Salad / Italian  
Dressing  
Fresh Pear  
Grape Juice

**Holiday-  
No Lunch Service**

**27**  
**Mini Maple Waffles**  
Poultry Sausage  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Peach Mango  
Applesauce  
Orange Juice

**28**  
**Chicken Soft Tacos w/  
Mexican Rice**  
Taco Sauce  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Apple  
Apple Juice

**29**  
**Cheese Pizza+**  
Fresh Broccoli  
Green Peas  
Fresh Orange  
Grape Juice  
Pretzel Goldfish Crackers

**30**  
**Chicken Tenders**  
Dinner Roll / BBQ Sauce  
BBQ Black Beans  
Fresh Cherry Tomatoes  
Fresh Banana  
Fruit 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.