

01
Blueberry Mini Waffles
 Fresh Clementine
 Apple Juice

02
Cherry Frudel
 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
Cinnamon French Toast
 Craisins
 Grape Juice

08
Cheddar Cheese Omelet
 Scooby Doo Crackers
 Fresh Apple
 Orange Juice

09
Mini Maple Pancakes
 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
Egg & Cheese on an English Muffin
 Craisins
 Fruit Juice

15
Turkey Pancake Wrap
 Fresh Apple
 Grape Juice
 Syrup

16
Berry French Toast
 Animal Crackers
 Diced Peaches
 Fresh Orange

17
Apple Jacks
 Jungle Crackers
 Peach Applesauce
 Craisins

20
Trix Cereal Bar
 String Cheese
 Grape Juice
 Fresh Orange

21
Mini Cinnamon Rolls
 Diced Peaches
 Apple Juice

22
Egg & Cheese on an English Muffin
 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
Chicken Sausage & Cheese on a Bagel
 Cinnamon Applesauce
 Grape Juice

30
Apple Frudel
 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.