

01 **Cheeseburger**
Ketchup / Mustard
OR
Chicken Tenders
Breadstick / BBQ Sauce

French Fries / Ketchup
Fresh Broccoli
Fresh Orange

02 **Chicken Penne Pasta**
w/ Tomato Cream Sauce
Dinner Roll
OR
Chicken Soft Tacos
w/ Mexican Rice Taco Sauce

Tossed Salad / French Dressing
Green Peas
Fresh Clementine

03 **Chicken Sliders**
BBQ Sauce
OR
Cheese Pizza+

Sweet Golden Corn
Fresh Baby Carrots
Fresh Apple

06 **Meatball Sub**
OR
Breaded Chicken Sandwich
BBQ Sauce

Vegetarian Baked Beans
Fresh Baby Carrots
Peach Applesauce

07 **Pepperoni Pizza**
OR
Chicken Mashed Potato Bowl
w/ Corn & Cheese
Dinner Roll

Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup
Animal Crackers

08 **Chicken Nuggets**
Dinner Roll / Ketchup
OR
Grilled Cheese Sandwich+

Tater Tots / Ketchup
Tossed Salad / Ranch
Dressing
Fresh Pear

09 **Hot Dog**
Ketchup / Mustard
OR
Cheese Pizza+
Cheez-It Crackers

French Fries / Ketchup
Fresh Celery Sticks
Mixed Berry Applesauce

10 **Spaghetti & Meatballs**
Breadstick
OR
Macaroni & Cheese+

Fresh Broccoli
Steamed Carrots
Fresh Apple

13 **Cheeseburger**
Ketchup / Mustard
OR
Pizza Dippers+
Marinara Sauce

Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup

14 **Maple Pancakes**
Poultry Sausage
OR
Turkey Ham & Cheese Panini

Tater Tots / Ketchup
Fresh Baby Carrots
Applesauce

15 **Cheese Pizza+**
Animal Crackers
OR
Orange Popcorn Chicken
w/ Broccoli & Lime Cilantro
Rice

Sweet Golden Corn
Fresh Celery Sticks
Fresh Apple Slices

16 **Breaded Chicken Sandwich**
BBQ Sauce
OR
Cheese Burrito+

Black Charro Beans
Fresh Broccoli
Craisins

17 **Hot Dog**
Ketchup / Mustard
OR
Pepperoni Pizza
Pretzel Goldfish Crackers

French Fries / Ketchup
Tossed Salad / French Dressing
Fresh Orange

20 **Sloppy Joe**
OR
Cheeseburger
Ketchup / Mustard

French Fries / Ketchup
Fresh Baby Carrots
Cinnamon Applesauce

21 **Cheese Pizza+**
OR
Corn Dog
Ketchup / Mustard

Three Bean Salad
Steamed Carrots
Fruit Juice

22 **Nacho Combo**
w/ Beef Chili & Cheese
OR
Oven Roasted Chicken Drumstick w/ Brown Rice

Sweet Golden Corn
Tossed Salad / Italian Dressing
Fresh Pear

**Holiday-
No Lunch Service**

27 **Mini Maple Waffles**
Poultry Sausage
OR
Pepperoni Pizza

Tater Tots / Ketchup
Fresh Baby Carrots
Peach Mango Applesauce

28 **Chicken Soft Tacos w/ Mexican Rice**
Taco Sauce
OR
Grilled Cheese Sandwich+

Sweet Golden Corn
Fresh Baby Carrots
Fresh Apple

29 **Cheese Pizza+**
OR
Macaroni & Cheese+

Fresh Broccoli
Green Peas
Fresh Orange

30 **Chicken Tenders**
Dinner Roll / BBQ Sauce
OR
Cheeseburger
Ketchup / Mustard

BBQ Black Beans
Fresh Cherry Tomatoes
Fresh Banana

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.