

**01** **Cheeseburger**  
Ketchup / Mustard  
OR  
**All-American Salad\***  
Dinner Roll / French Dressing  
  
French Fries / Ketchup  
Fresh Broccoli  
Fresh Orange

**02** **Chicken Penne Pasta**  
w/ **Tomato Cream Sauce**  
Dinner Roll  
OR  
**Chef Salad w/ Egg+**  
Pretzel Goldfish / Breadstick / Ranch  
Dressing  
  
Tossed Salad / French Dressing  
Green Peas  
Fresh Clementine

**03** **Chicken Sliders**  
BBQ Sauce  
OR  
**Chef Salad w/ Turkey**  
Dinner Roll / Ranch Dressing  
  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Apple

**06**  
**Meatball Sub**  
OR  
**Farmers Market Combo+**  
Cheddar Goldfish Crackers  
  
Vegetarian Baked Beans  
Fresh Baby Carrots  
Peach Applesauce

**07**  
**Pepperoni Pizza**  
OR  
**Fruit & Cheese Plate+**  
  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup  
Animal Crackers

**08** **Chicken Nuggets**  
Dinner Roll / Ketchup  
OR  
**Beef Nacho Salad**  
Jungle Crackers  
  
Tater Tots / Ketchup  
Tossed Salad / Ranch  
Dressing  
Fresh Pear

**09** **Hot Dog**  
Ketchup / Mustard  
OR  
**Popcorn Chicken Salad**  
Dinner Roll / Ranch Dressing  
  
French Fries / Ketchup  
Fresh Celery Sticks  
Mixed Berry Applesauce

**10** **Spaghetti & Meatballs**  
Breadstick  
OR  
**Garden Salad w/ Cheese +**  
Dinner Roll / French Dressing  
  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple

**13** **Cheeseburger**  
Ketchup / Mustard  
OR  
**Yogurt w/ Trail Mix+**  
Scooby Doo Crackers  
  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup

**14** **Maple Pancakes**  
Poultry Sausage  
OR  
**Farmers Market Combo+**  
Cheez-It Crackers  
  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Applesauce

**15** **Cheese Pizza+**  
Animal Crackers  
OR  
**Garden Salad w/ Cheese+**  
Dinner Roll / French Dressing  
  
Sweet Golden Corn  
Fresh Celery Sticks  
Fresh Apple Slices

**16** **Breaded Chicken Sandwich**  
BBQ Sauce  
OR  
**Chef Salad w/ Egg+**  
Dinner Roll / French Dressing  
  
Black Charro Beans  
Fresh Broccoli  
Craisins

**17** **Hot Dog**  
Ketchup / Mustard  
OR  
**Chef Salad w/ Turkey**  
Dinner Roll / Ranch Dressing  
  
French Fries / Ketchup  
Tossed Salad / French Dressing  
Fresh Orange

**20** **Sloppy Joe**  
OR  
**Fruit & Cheese Plate+**  
Harvest Cheddar SunChips  
  
French Fries / Ketchup  
Fresh Baby Carrots  
Cinnamon Applesauce

**21** **Cheese Pizza+**  
OR  
**Farmers Market Combo+**  
Cheddar Goldfish Crackers  
  
Three Bean Salad  
Steamed Carrots  
Fruit Juice

**22** **Nacho Combo**  
w/ **Beef Chili & Cheese**  
OR  
**Chef Salad w/ Ham\***  
Dinner Roll / Italian Dressing  
  
Sweet Golden Corn  
Tossed Salad / Italian  
Dressing  
Fresh Pear

**Holiday-  
No Lunch Service**

**27** **Mini Maple Waffles**  
Poultry Sausage  
OR  
**Yogurt w/ Trail Mix+**  
Scooby Doo Crackers  
  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Peach Mango Applesauce

**28** **Chicken Soft Tacos w/ Mexican Rice**  
Taco Sauce  
OR  
**Fruit & Cheese Plate+**  
Harvest Cheddar SunChips  
  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Apple

**29** **Cheese Pizza+**  
OR  
**Chef Salad w/ Turkey**  
Dinner Roll / Ranch Dressing /  
Cheez-It Crackers  
  
Fresh Broccoli  
Green Peas  
Fresh Orange

**30** **Chicken Tenders**  
Dinner Roll / BBQ Sauce  
OR  
**Popcorn Chicken Salad**  
Jungle Crackers / Ranch Dressing  
  
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.