

01
Cheeseburger
Ketchup / Mustard

French Fries / Ketchup
Fresh Broccoli
Fresh Orange

02
Chicken Penne Pasta
w/ Tomato Cream Sauce
Dinner Roll

Tossed Salad / French Dressing
Green Peas
Fresh Clementine

03
Chicken Sliders
BBQ Sauce

Sweet Golden Corn
Fresh Baby Carrots
Fresh Apple

06
Meatball Sub

Vegetarian Baked Beans
Fresh Baby Carrots
Peach Applesauce

07
Pepperoni Pizza

Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup
Animal Crackers

08
Chicken Nuggets
Dinner Roll / Ketchup

Tater Tots / Ketchup
Tossed Salad / Ranch
Dressing
Fresh Pear

09
Hot Dog
Ketchup / Mustard

French Fries / Ketchup
Fresh Celery Sticks
Mixed Berry Applesauce

10
Spaghetti & Meatballs
Breadstick

Fresh Broccoli
Steamed Carrots
Fresh Apple

13
Cheeseburger
Ketchup / Mustard

Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup

14
Maple Pancakes
Poultry Sausage

Tater Tots / Ketchup
Fresh Baby Carrots
Applesauce

15
Cheese Pizza+
Animal Crackers

Sweet Golden Corn
Fresh Celery Sticks
Fresh Apple Slices

16
Breaded Chicken Sandwich
BBQ Sauce

Black Charro Beans
Fresh Broccoli
Craisins

17
Hot Dog
Ketchup / Mustard

French Fries / Ketchup
Tossed Salad / French
Dressing
Fresh Orange

20
Sloppy Joe

French Fries / Ketchup
Fresh Baby Carrots
Cinnamon Applesauce

21
Cheese Pizza+

Three Bean Salad
Steamed Carrots
Fruit Juice

22
Nacho Combo
w/ Beef Chili & Cheese

Sweet Golden Corn
Tossed Salad / Italian
Dressing
Fresh Pear

**Holiday-
No Lunch Service**

27
Mini Maple Waffles
Poultry Sausage

Tater Tots / Ketchup
Fresh Baby Carrots
Peach Mango
Applesauce

28
Chicken Soft Tacos w/ Mexican Rice
Taco Sauce

Sweet Golden Corn
Fresh Baby Carrots
Fresh Apple

29
Cheese Pizza+

Fresh Broccoli
Green Peas
Fresh Orange

30
Chicken Tenders
Dinner Roll / BBQ Sauce

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.