

01

Pretzel Goldfish
Orange Juice

02

Bug Bite Cinnamon
Grahams
Fruit Juice

03

Harvest Cheddar
SunChips
Fresh Apple

06

Scooby Doo Cinnamon
Grahams
Fruit Juice

07

Team Cheerios Bar
Orange Juice

08

Cheez-It Crackers
Fruit Juice

09

Butterscotch Oat Bar
Orange Juice

10

Honey Bear Grahams
Fresh Apple

13

Chocolate Chip Oat Bar
Fruit Juice

14

Cheddar Goldfish
Crackers
Apple Juice

15

Honey Lil'GrahamSquare
Orange Juice

16

Pretzel Goldfish Crackers
Fruit Juice

17

Apple Cinnamon Nutra
Grain Bar
Fresh Apple

20

Animal Crackers
Orange Juice

21

Cheez-It Crackers
Apple Juice

22

Fruity Cheerios Bar
Orange Juice

**Holiday-
No Lunch Service**

27

Cheddar Goldfish
Crackers
Apple Juice

28

Animal Crackers
Orange Juice

29

Butterscotch Oat Bar
Fruit Juice

30

Cheez-It Crackers
Orange 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.