

01
Pretzel Goldfish
Orange Juice

02
Bug Bite Cinnamon Grahams
1% White Milk

03
Harvest Cheddar SunChips
Fresh Apple

06
Scooby Doo Cinnamon Grahams
1% White Milk

07
Team Cheerios Bar
Orange Juice

08
Cheez-It Crackers
Fruit Juice

09
Butterscotch Oat Bar
1% White Milk

10
Honey Bear Grahams
1% White Milk

13
Chocolate Chip Oat Bar
1% White Milk

14
Cheddar Goldfish Crackers
Apple Juice

15
Honey Lil'GrahamSquare
1% White Milk

16
Pretzel Goldfish Crackers
Fruit Juice

17
Apple Cinnamon Nutra Grain Bar
1% White Milk

20
Animal Crackers
1% White Milk

21
Cheez-It Crackers
Apple Juice

22
Fruity Cheerios Bar
1% White Milk

**Holiday-
No Lunch Service**

27
Cheddar Goldfish Crackers
Apple Juice

28
Animal Crackers
1% White Milk

29
Butterscotch Oat Bar
1% White Milk

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.