

**02 Meatball Sub**  
Vegetarian Baked Beans  
Fresh Baby Carrots  
Peach Applesauce  
Grape Juice  
Cheddar Goldfish Crackers

**03 Pepperoni Pizza**  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup  
Fruit Juice  
Animal Crackers

**04 Chicken Nuggets**  
Dinner Roll / Ketchup  
Tater Tots / Ketchup  
Tossed Salad / Ranch  
Dressing  
Fresh Pear  
Apple Juice

**05 Hot Dog**  
Ketchup / Mustard  
French Fries / Ketchup  
Fresh Celery Sticks  
Mixed Berry Applesauce  
Grape Juice  
Jungle Crackers

**06 Spaghetti & Meatballs**  
Fresh Breadstick  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple  
Orange Juice

**09 Cheeseburger**  
Ketchup / Mustard  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup  
Fresh Banana

**10 Mini Maple Pancakes**  
Poultry Sausage  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Applesauce  
Fruit Juice

**11 Cheese Pizza+**  
Animal Crackers  
Sweet Golden Corn  
Red Pepper Slices  
Fresh Apple Slices  
Grape Juice

**12 Breaded Chicken Sandwich**  
BBQ Sauce  
Black Charro Beans  
Fresh Broccoli  
Craisins  
Orange Juice

**13 Hot Dog**  
Ketchup / Mustard  
French Fries / Ketchup  
Tossed Salad / French  
Dressing  
Fresh Orange  
Apple Juice

**16 Sloppy Joe**  
French Fries / Ketchup  
Fresh Baby Carrots  
Cinnamon Applesauce  
Apple Juice

**17 Cheese Pizza**  
Three Bean Salad  
Steamed Carrots  
Fruit Juice  
Diced Peaches

**18 Nacho Combo w/  
Beef Chili & Cheese**  
Brown Rice  
Sweet Golden Corn  
Tossed Salad / Italian  
Dressing  
Fresh Pear  
Grape Juice

**19 Spaghetti & Meatballs**  
Steamed Broccoli  
Fresh Cherry Tomatoes  
Fresh Apple  
Grape Juice  
Scooby Doo Crackers

**20 Breaded Chicken Sandwich**  
BBQ Sauce  
Tater Tots / Ketchup  
Fresh Celery Sticks  
Peach Applesauce  
Fruit Juice

**23 Chicken Soft Taco  
w/ Mexican Rice**  
Taco Sauce  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Apple  
Apple Juice

**24 Mini Maple Waffles**  
Poultry Sausage  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Peach -Mango  
Applesauce  
Orange Juice

**25 Cheese Pizza+**  
Pretzel Goldfish Crackers  
Fresh Broccoli  
Green Peas  
Fresh Orange  
Grape Juice

**26 Chicken Tenders**  
Dinner Roll / BBQ Sauce  
BBQ Black Beans  
Fresh Cherry Tomatoes  
Fresh Banana  
Fruit Juice

**27 Salisbury Steak  
w/ Noodles and Gravy**  
Mashed Potatoes  
Tossed Salad / French  
Dressing  
Fresh Pear  
Apple Juice

**30 Beef Soft Tacos**  
Taco Sauce  
Lime Cilantro Rice  
Black Beans  
Fresh Cherry Tomatoes  
Craisins  
Grape Juice

**31 Pizza Dippers+**  
Marinara Sauce  
Sweet Golden Corn  
Fresh Baby Carrots  
Strawberry Applesauce  
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>

**Menu Highlight:**

10/18: Beef Chili & Cheese Nacho Combo- Kid favorite  
Nacho Combo combines protein-packed pinto beans and lean ground beef for a taste sensation. Food items are packaged so students can choose to eat chips with the chili, the cheese or both. YUM!