

02
Meatball Sub
OR
Breaded Chicken Sandwich
BBQ Sauce
Vegetarian Baked Beans
Fresh Baby Carrots
Peach Applesauce

03
Pepperoni Pizza
OR
Chicken Mashed Potato Bowl w/ Corn & Cheese
Dinner Roll
Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup
Animal Crackers

04
Chicken Nuggets
Dinner Roll / Ketchup
OR
Grilled Cheese Sandwich+
Tater Tots / Ketchup
Tossed Salad / Ranch Dressing
Fresh Pear

05
Hot Dog
Ketchup / Mustard
OR
Cheese Pizza+
Cheez-It Crackers
French Fries / Ketchup
Fresh Celery Sticks
Mixed Berry Applesauce

06
Spaghetti & Meatballs
Fresh Breadstick
OR
Macaroni & Cheese +
Fresh Broccoli
Steamed Carrots
Fresh Apple

09
Cheeseburger
Ketchup / Mustard
OR
Pizza Dippers+
Marinara Sauce
Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup

10
Mini Maple Pancakes
Poultry Sausage
OR
Turkey Ham & Cheese Panini
Tater Tots / Ketchup
Fresh Baby Carrots
Applesauce

11
Cheese Pizza+
Animal Crackers
OR
Orange Popcorn Chicken w/ Broccoli & Cilantro Rice
Sweet Golden Corn
Fresh Celery Sticks
Fresh Apple Slices

12
Breaded Chicken Sandwich
BBQ Sauce
OR
Cheese Burrito+
Black Charro Beans
Fresh Broccoli
Craisins

13
Hot Dog
Ketchup / Mustard
OR
Pepperoni Pizza
Pretzel Goldfish Crackers
French Fries / Ketchup
Tossed Salad / French Dressing
Fresh Orange

16
Sloppy Joe
OR
Cheeseburger
Ketchup / Mustard
French Fries / Ketchup
Fresh Baby Carrots
Cinnamon Applesauce

17
Cheese Pizza+
OR
Corn Dog
Ketchup / Mustard
Three Bean Salad
Steamed Carrots
Fruit Juice

18
Nacho Combo w/ Beef Chili & Cheese
OR
Oven Roasted Drumstick w/ Brown Rice
Sweet Golden Corn
Tossed Salad / Italian Dressing
Fresh Pear

19
Spaghetti & Meatballs
OR
Chicken Mashed Potato Bowl w/ Cheese & Corn
Steamed Broccoli
Fresh Cherry Tomatoes
Fresh Apple
Scooby Doo Crackers

20
Breaded Chicken Sandwich
BBQ Sauce
OR
Sausage, Egg & Cheese English Muffin
Tater Tots / Ketchup
Fresh Celery Sticks
Peach Applesauce

23
Chicken Soft Taco w/ Mexican Rice
Taco Sauce
OR
Grilled Cheese Sandwich+
Sweet Golden Corn
Fresh Baby Carrots
Fresh Apple

24
Mini Maple Waffles
Poultry Sausage
OR
Pepperoni Pizza
Tater Tots / Ketchup
Fresh Baby Carrots
Peach -Mango Applesauce

25
Cheese Pizza+
OR
Macaroni & Cheese+
Fresh Broccoli
Green Peas
Fresh Orange

26
Chicken Tenders
Dinner Roll / BBQ Sauce
OR
Cheeseburger
Ketchup / Mustard
BBQ Black Beans
Fresh Cherry Tomatoes
Fresh Banana

27
Salisbury Steak w/ Noodles and Gravy
OR
Fish Sticks^
Breadstick / Ketchup
Mashed Potatoes
Tossed Salad / French Dressing
Fresh Pear

30
Beef Soft Tacos
Taco Sauce
OR
Breaded Chicken Sandwich
BBQ Sauce
Black Beans
Fresh Cherry Tomatoes
Craisins

31
Pizza Dippers+
Marinara Sauce
OR
Corn Dog
Ketchup / Mustard
Sweet Golden Corn
Fresh Baby Carrots
Strawberry Applesauce



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!