

**02**  
Meatball Sub  
OR  
Farmer's Market Combo+  
Cheddar Goldfish Crackers  
Vegetarian Baked Beans  
Fresh Baby Carrots  
Peach Applesauce

**03**  
Pepperoni Pizza  
OR  
Fruit & Cheese Plate+  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup  
Animal Crackers

**04**  
Chicken Nuggets  
Dinner Roll / Ketchup  
OR  
Beef Nacho Salad  
Jungle Crackers  
Tater Tots / Ketchup  
Tossed Salad / Ranch  
Dressing  
Fresh Pear

**05**  
Hot Dog  
Ketchup / Mustard  
OR  
Popcorn Chicken Salad  
Dinner Roll / Ranch Dressing  
French Fries / Ketchup  
Fresh Celery Sticks  
Mixed Berry Applesauce

**06**  
Spaghetti & Meatballs  
Fresh Breadstick  
OR  
Garden Salad w/ Cheese+  
Dinner Roll / French Dressing  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple

**09**  
Cheeseburger  
Ketchup / Mustard  
OR  
Yogurt w/ Trail Mix+  
Scooby Doo Crackers  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup

**10**  
Mini Maple Pancakes  
Poultry Sausage  
OR  
Farmer's Market Combo+  
Cheez-It Crackers  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Applesauce

**11**  
Cheese Pizza+  
Animal Crackers  
OR  
Garden Salad w/ Cheese+  
Dinner Roll / French Dressing  
Sweet Golden Corn  
Fresh Celery Sticks  
Fresh Apple Slices

**12**  
Breaded Chicken  
Sandwich  
BBQ Sauce  
OR  
Chef Salad w/ Egg+  
Dinner Roll / French Dressing  
Black Charro Beans  
Fresh Broccoli  
Craisins

**13**  
Hot Dog  
Ketchup / Mustard  
OR  
Chef Salad w/ Turkey  
Dinner Roll / Ranch Dressing  
French Fries / Ketchup  
Tossed Salad / French  
Dressing  
Fresh Orange

**16**  
Sloppy Joe  
OR  
Fruit & Cheese Plate+  
Harvest Cheddar SunChips  
French Fries / Ketchup  
Fresh Baby Carrots  
Cinnamon Applesauce

**17**  
Cheese Pizza+  
OR  
Farmer's Market Combo+  
Cheddar Goldfish Crackers  
Three Bean Salad  
Steamed Carrots  
Fruit Juice

**18**  
Nacho Combo w/  
Beef Chili & Cheese  
OR  
Chef Salad w/ Ham\*  
Dinner Roll / Italian Dressing  
Sweet Golden Corn  
Tossed Salad / Italian  
Dressing  
Fresh Pear

**19**  
Spaghetti & Meatballs  
OR  
All-American Salad\*  
Dinner Roll / French Dressing  
Steamed Broccoli  
Fresh Cherry Tomatoes  
Fresh Apple  
Scooby Doo Crackers

**20**  
Breaded Chicken  
Sandwich  
BBQ Sauce  
OR  
Chicken Caesar Salad^  
Dinner Roll / Caesar Dressing^  
Tater Tots / Ketchup  
Fresh Celery Sticks  
Peach Applesauce

**23**  
Chicken Soft Taco  
w/ Mexican Rice  
Taco Sauce  
OR  
Yogurt w/ Trail Mix+  
Scooby Doo Crackers  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Apple

**24**  
Mini Maple Waffles  
Poultry Sausage  
OR  
Fruit & Cheese Plate+  
Harvest Cheddar SunChips  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Peach -Mango Applesauce

**25**  
Cheese Pizza+  
OR  
Chef Salad w/ Turkey  
Cheez-It Crackers / Ranch  
Dressing  
Fresh Broccoli  
Green Peas  
Fresh Orange

**26**  
Chicken Tenders  
Dinner Roll / BBQ Sauce  
OR  
Popcorn Chicken Salad  
Jungle Crackers / Ranch Dressing  
BBQ Black Beans  
Fresh Cherry Tomatoes  
Fresh Banana

**27**  
Salisbury Steak  
w/ Noodles and Gravy  
OR  
Garden Salad w/ Cheese+  
Dinner Roll / Ranch Dressing  
Mashed Potatoes  
Tossed Salad / French  
Dressing  
Fresh Pear

**30**  
Beef Soft Tacos  
Taco Sauce  
OR  
Yogurt w/ Tail Mix+  
Scooby Doo Crackers  
Black Beans  
Fresh Cherry Tomatoes  
Craisins

**31**  
Pizza Dippers+  
Marinara Sauce  
OR  
Farmer's Market Combo+  
Cheddar Goldfish Crackers  
Sweet Golden Corn  
Fresh Baby Carrots  
Strawberry Applesauce

**Salads:**  
(All Come with sides listed below salad)

- **Fruit & Cheese Plate**- Sliced Apples and Cheddar Cheese Cubes with Crackers or Chips
- **Beef Nacho Salad**- Beef Nacho Meat topped on a bed of mixed green salad and cheese with Tortilla Chips
- **Popcorn Chicken Salad** – Popcorn Chicken pieces served on top of mixed green salad with salad dressing
- **Chef Salad w/Turkey**- Diced Turkey served on top of mixed green salad with cheese with salad dressing
- **Chef Salad w/Ham**- Diced Pork Ham served on top of mixed green salad with cheese with salad dressing
- **Chef Salad w/Egg**- Sliced Egg served on top of mixed green salad with cheese with salad dressing
- **All-American**-Diced Pork Ham and Turkey served on top of mixed green salad & cheese
- **Yogurt w/Trail Mix**- Vanilla Yogurt with Trail Mix. Served in a tray. Trail Mix is separate from the Yogurt.
- **Chicken Caesar Salad**- Diced Chicken, Parmesan Cheese, on a bed of mixed greens served with Caesar Dressing
- **Farmer's Market**- String Cheese, Sugar Snack Peas, Cherry Tomatoes, baby Carrots, Ranch Dressing and a Breadstick

**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!