

**02**  
**Meatball Sub**  
Vegetarian Baked Beans  
Fresh Baby Carrots  
Peach Applesauce

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

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

**05**  
**Hot Dog**  
Ketchup / Mustard  
French Fries / Ketchup  
Fresh Celery Sticks  
Mixed Berry Applesauce

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

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

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

**11**  
**Cheese Pizza+**  
Animal Crackers  
Sweet Golden Corn  
Fresh Celery Sticks  
Fresh Apple Slices

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

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

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

**17**  
**Cheese Pizza+**  
Three Bean Salad  
Steamed Carrots  
Fruit Juice

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

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

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

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

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

**25**  
**Cheese Pizza+**  
Fresh Broccoli  
Green Peas  
Fresh Orange

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

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

**30**  
**Beef Soft Tacos**  
Taco Sauce  
Black Beans  
Fresh Cherry Tomatoes  
Craisins

**31**  
**Pizza Dippers+**  
Marinara Sauce  
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!