

**Salads**

**Farmers Market-** String Cheese, Sugar Snap Peas, Cherry Tomatoes, Baby Carrots, Ranch Dressing and a Breadstick

**Fruit & Cheese Plate-** Fresh Fruit Sliced and Cheddar Cheese Cubes

**Farm-to-School**

**We Buy Local Produce!**

- Illinois- Apple Crunch Day- Alto Pass
- Michigan- Apples from Sparta, Broccoli from Flat Rock, Carrots from Benton Harbor and Grant, Cucumber from Flat Rock, Celery from Wayland, Applesauce and Sliced Apples from Peterson

01

**Pepperoni Pizza**  
Cheez-Its  
OR  
**Garden Salad+**  
Dinner Roll / French Dressing  
  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple

04

**Labor Day**

05

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

06

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

07

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

08

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

11

**New!**  
**Sloppy Joe**  
OR

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

12

**Cheese Pizza+**  
OR  
**Farmers Market Combo+**  
Cheddar Goldfish Crackers

Three Bean Salad  
Steamed Carrots  
Fruit Juice

13

**Nacho Combo**  
OR  
**Chef Salad w/ Ham\***  
Dinner Roll / Italian Dressing

Tossed Salad / Italian Dressing  
Sweet Golden Corn  
Fresh Pear

14

**Spaghetti & Meatballs**  
OR  
**All-American Salad\***  
Dinner Roll / French Dressing

Steamed Broccoli  
Fresh Cherry Tomatoes  
Fresh Apple  
**Scooby Doo Crackers**

15

**Breaded Chicken Sandwich**  
BBQ Sauce  
OR  
**Chicken Caesar Salad^**  
Dinner Roll / Caesar Dressing^

Tater Tots / Ketchup  
Fresh Celery Sticks  
Peach Applesauce

18

**Chicken Soft Tacos w/ Mexican Rice**  
Taco Sauce  
OR

**Yogurt w/ Trail Mix+**  
Scooby Doo Crackers  
  
Sweet Golden Corn  
Carrot Coins  
Fresh Banana

19

**Maple Mini Waffles**  
Poultry Sausage  
OR  
**Fruit & Cheese Plate+**  
Harvest Cheddar SunChips

Tater Tots / Ketchup  
Fresh Baby Carrots  
**New!** Peach-Mango Applesauce

20

**Cheese Pizza+**  
OR  
**Chef Salad w/ Turkey**  
Dinner Roll / Ranch Dressing / Cheez-Its

Fresh Broccoli  
Green Peas  
Fresh Orange

21

**Chicken Tenders**  
Dinner Roll / BBQ Sauce  
OR  
**Popcorn Chicken Salad**  
Jungle Crackers / Ranch Dressing

BBQ Black Beans  
Fresh Cherry Tomatoes  
Fresh Apple

22

**New!**  
**Salisbury Steak w/ Noodles & Gravy**  
OR

**Garden Salad+**  
Dinner Roll / Ranch Dressing  
**New!** Mashed Potatoes  
Tossed Salad / French Dressing  
Fresh Pear

25

**Beef Soft Tacos**  
Taco Sauce  
OR

**Yogurt w/ Trail Mix+**  
Scooby Doo Crackers  
  
Black Beans  
Fresh Cherry Tomatoes  
Craisins

26

**Pizza Dippers+**  
Marinara Sauce  
OR  
**Farmers Market Combo+**  
Cheddar Goldfish Crackers

Sweet Golden Corn  
Fresh Baby Carrots  
Strawberry Applesauce

27

**Cheeseburger**  
Ketchup / Mustard  
OR  
**All-American Salad\***  
Dinner Roll / French Dressing

French Fries / Ketchup  
Fresh Broccoli  
Fresh Orange

28

**New!**  
**Chicken Penne Pasta w/ Tomato Cream Sauce**  
Dinner Roll  
OR  
**Chef Salad w/ Egg+**  
Pretzel Goldfish / Breadstick / Ranch Dressing

Tossed Salad / French Dressing  
Green Peas  
Fresh Clementine

29

**Chicken Sliders**  
BBQ Sauce  
OR  
**Chef Salad w/ Turkey**  
Dinner Roll / Ranch Dressing

Sweet Golden Corn  
Carrot Coins  
Fresh Apple

**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>

**We've Listened to You with New Items and Returning Items**

- September 14<sup>th</sup> – Added a Dessert with Lunch
- September 15<sup>th</sup> – New Entrée
- September 19<sup>th</sup> – New Side Item Flavor
- September 22<sup>nd</sup> – New Entrée and Side Item
- Salads on 13<sup>th</sup>, 14<sup>th</sup>, & 27<sup>th</sup> all contain pork ham
- Returning Apple Slice and Fresh Clementine's