

01

HOLIDAY

02

Cinnamon Toast Crunch

Honey Bear Grahams
Craisins
Orange Juice

03

Chocolate Chip Muffin

Cinnamon Applesauce
Grape Juice

04

Trix Cereal Bar

Strawberry Banana Yogurt
Diced Pears
Apple Juice

05

Rice Krispies

Animal Crackers
Craisins
Fresh Orange

08

Cinnamon Dazzle Ultimate Breakfast Round

Peach Applesauce
Apple Juice

09

***New!* Frosted Fudge Poptart**

Vanilla Yogurt
Diced Pears
Craisins

10

Banana Muffin

Fresh Pear
Apple Juice

11

***New!* Cinnamon Raisin Bagel**

Cream Cheese
Diced Peaches
Grape Juice

12

Banana Chocolate Bar

Peach Mango Applesauce
Fresh Orange

15

Blueberry Muffin

Strawberry Banana Yogurt
Diced Pears
Apple Juice

16

Plain Bagel

Cream Cheese
Craisins
Grape Juice

17

Cheerios

Animal Crackers
Fresh Apple
Orange Juice

18

Froot Loops

String Cheese
Cinnamon Applesauce
Fruit Juice

19

Trix Cereal Bar

Chocolate Bear Grahams
Craisins
Fresh Pear

22

Cinnamon Toast Crunch

Honey Bear Grahams
Mixed Berry Applesauce
Orange Juice

23

Apple Cinnamon Muffin

String Cheese
Craisins
Fruit Juice

24

Golden Grahams

Scooby Doo Cinnamon Grahams
Fresh Apple
Grape Juice

25

Fruity Cheerios Bar

String Cheese
Diced Peaches
Fresh Grapes

26

Apple Jacks

Jungle Crackers
Peach Applesauce
Craisins

29

Cheerios

Chocolate Bear Grahams
Grape Juice
Fresh Orange

30

Banana Muffin

Strawberry Banana Yogurt
Diced Peaches
Apple Juice

31

Froot Loops

String Cheese
Fresh Apple
Fruit 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>

Health & Wellness Message- What's Up, Doc?

Regular checkups are part of your prescription for good health. Even if you are scared to go to the doctor, don't put your medical exams on hold. You can find and treat health problems early and help to develop a relationship with your doctor. Remember to cover your nose when you sneeze and cover your mouth when you cough then make sure you wash your hands with soap and water.

