

01
HOLIDAY

02
Maple Mini Waffles
Poultry Sausage
Tater Tots/ Ketchup
Fresh Baby Carrots
Peach-Mango
Applesauce
Orange Juice

03
Cheese Pizza+
Pretzel Goldfish Crackers
Steamed Broccoli
Sweet Golden Corn
Fresh Orange
Grape Juice

04
Chicken Tenders
Dinner Roll / BBQ Sauce
Mashed Potatoes
Fresh Cherry Tomatoes
Diced Peaches
Fruit Juice

05
Macaroni & Cheese+
Dinner Roll
BBQ Black Beans
Tossed Salad / French
Dressing
Fresh Pear
Apple Juice

08
Beef Tacos
Taco Sauce
Cilantro Lime Rice
Black Beans
Fresh Cherry Tomatoes
Craisins
Grape Juice

09
Pizza Dippers+
Marinara Sauce
Sweet Golden Corn
Fresh Baby Carrots
Strawberry Applesauce
Orange Juice

10
Cheeseburger
Ketchup / Mustard
Garden Salsa SunChips
French Fries / Ketchup
Fresh Broccoli
Fresh Orange
Fruit Juice

11
Chicken Penne Pasta
w/ Tomato Cream Sauce
Dinner Roll
Red Pepper Slices
Tossed Salad / French Dressing
Fresh Apple
Orange Juice

12
Vegetarian Nachos+
w/ Chili Beans & Cheese
Cilantro Lime Rice
Sweet Golden Corn
Fresh Baby Carrots
Fresh Clementine
Apple Juice

15
Pepperoni Pizza
Animal Crackers
Vegetarian Baked Beans
Fresh Baby Carrots
Peach Applesauce
Grape Juice

16
***New!* Strawberry Pancakes**
Vanilla Yogurt
String Cheese
Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup
Fruit Juice

17
Chicken Nuggets
Dinner Roll / Ketchup
***New!* Roasted Potatoes**
/ Ketchup
Tossed Salad / Ranch
Dressing
Fresh Pear
Apple Juice

18
Hot Dog
Ketchup / Mustard
Jungle Crackers
French Fries / Ketchup
Fresh Celery Sticks
Mixed Berry Applesauce
Grape Juice

19
Macaroni & Cheese+
Breadstick
Fresh Broccoli
Steamed Carrots
Fresh Apple
Orange Juice

22
Cheeseburger
Ketchup / Mustard
Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup
Apple Juice

23
Mini Maple Pancakes
Poultry Sausage
Tater Tots / Ketchup
Fresh Baby Carrots /
Ranch Dressing
Applesauce
Fruit Juice

24
Salisbury Steak
w/ Noodles & Gravy
Mashed Potatoes
Fresh Celery Sticks
Fresh Apple Slices
Grape Juice

25
Cheese Pizza+
Animal Crackers
Black Charro Beans
Fresh Broccoli
Craisins
Orange Juice

26
Baked Penne Pasta+
Pretzel Goldfish Crackers
***New!* Sweet Potato Fries /**
Ketchup
Tossed Salad / Ranch
Dressing
Fresh Orange
Apple Juice

29
Cheeseburger
Ketchup / Mustard
Chocolate Bear Grahams
French Fries / Ketchup
Fresh Baby Carrots
Cinnamon Applesauce
Apple Juice

30
Cheese Pizza+
Three Bean Salad
Steamed Carrots
Fruit Juice
Diced Peaches

31
Nacho Combo
w/ Beef Chili & Cheese
Brown Rice
Sweet Golden Corn
Tossed Salad / Ranch
Dressing
Fresh Pear
Grape 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.

