

01  
**HOLIDAY**

02  
Maple Mini Waffles  
Poultry Sausage  
OR  
Pepperoni Pizza  
Tater Tots/ Ketchup  
Fresh Baby Carrots  
Peach-Mango Applesauce

03  
Cheese Pizza+  
OR  
Corn Dog  
Ketchup / Mustard  
Steamed Broccoli  
Sweet Golden Corn  
Fresh Orange

04  
Chicken Tenders  
Dinner Roll / BBQ Sauce  
OR  
**New!**  
BBQ Meatballs  
Mashed Potatoes  
Fresh Cherry Tomatoes  
Diced Peaches

05  
Macaroni & Cheese+  
OR  
**New!**  
Fish Sandwich^  
Ketchup  
BBQ Black Beans  
Tossed Salad / French Dressing  
Fresh Pear

08  
Beef Tacos  
Taco Sauce  
OR  
Breaded Chicken Sandwich  
BBQ Sauce  
Black Beans  
Fresh Cherry Tomatoes  
Craisins

09  
Pizza Dippers+  
Marinara Sauce  
OR  
Corn Dog  
Ketchup / Mustard  
Sweet Golden Corn  
Fresh Baby Carrots  
Strawberry Applesauce

10  
Cheeseburger  
Ketchup / Mustard  
OR  
Chicken Tenders  
Breadstick / BBQ Sauce  
French Fries / Ketchup  
Fresh Broccoli  
Fresh Orange

11  
Chicken Penne Pasta  
w/ Tomato Cream Sauce  
Dinner Roll  
OR  
Chicken Tacos w/ Mexican Rice  
Taco Sauce  
Green Peas  
Tossed Salad / French Dressing  
Fresh Apple

12  
Vegetarian Nacho Combo+  
w/ Chili Beans & Cheese  
OR  
Cheese Pizza+  
Sweet Golden Corn  
Fresh Baby Carrots  
Fresh Clementine

15  
Pepperoni Pizza  
Animal Crackers  
OR  
Meatball Sub  
Vegetarian Baked Beans  
Fresh Baby Carrots  
Peach Applesauce

16  
**New!**  
Strawberry Pancakes  
Vanilla Yogurt  
OR  
Chicken Mashed Potato Bowl  
w/ Corn & Cheese Dinner Roll  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup

17  
Chicken Nuggets  
Dinner Roll / Ketchup  
OR  
Grilled Cheese Sandwich+  
**New!** Roasted Potatoes /  
Ketchup  
Tossed Salad / Ranch Dressing  
Fresh Pear

18  
Hot Dog  
Ketchup / Mustard  
OR  
Cheese Pizza+  
Cheez-It Crackers  
French Fries / Ketchup  
Fresh Celery Sticks  
Mixed Berry Applesauce

19  
Macaroni & Cheese+  
OR  
Fish Sticks^  
Breadsticks / Ketchup  
Fresh Broccoli  
Steamed Carrots  
Fresh Apple

22  
Cheeseburger  
Ketchup / Mustard  
OR  
Pizza Dippers+  
Marinara Sauce  
Sweet Golden Corn  
Fresh Cherry Tomatoes  
Mixed Fruit Cup

23  
Mini Maple Pancakes  
Poultry Sausage  
OR  
Grilled Turkey Ham & Cheese  
Tater Tots / Ketchup  
Fresh Baby Carrots  
Applesauce

24  
Salisbury Steak  
w/ Noodles & Gravy  
OR  
Breaded Chicken Sandwich  
BBQ Sauce  
Mashed Potatoes  
Fresh Celery Sticks  
Fresh Apple Slices

25  
Cheese Pizza+  
Animal Crackers  
OR  
**New!**  
Turkey Ham & American  
Cheese Loaded Pretzel  
Black Charro Beans  
Fresh Broccoli  
Craisins

26  
Baked Penne Pasta+  
OR  
Cheese & Bean Burrito+  
**New!** Sweet Potato Fries /  
Ketchup  
Tossed Salad / Ranch Dressing  
Fresh Orange

29  
Cheeseburger  
Ketchup / Mustard  
OR  
Sloppy Joe Sandwich  
French Fries / Ketchup  
Fresh Baby Carrots  
Cinnamon Applesauce

30  
Cheese Pizza+  
OR  
Corn Dog  
Ketchup / Mustard  
Three Bean Salad  
Steamed Carrots  
Fruit Juice

31  
Nacho Combo  
w/ Beef Chili & Cheese  
OR  
Oven Roasted Chicken  
Drumstick w/ Brown Rice  
Sweet Golden Corn  
Tossed Salad / Ranch Dressing  
Fresh Pear

**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.

