

05 **Cheeseburger**
Ketchup / Mustard
OR
Fresh Fruit & Cheese Plate+
Garden Salsa Sun Chips

French Fries/ Ketchup
Fresh Baby Carrots
Cinnamon Applesauce

06 **Cheese Pizza+**
OR
Farmer's Market Combo+
Cheddar Goldfish Crackers

Three Bean Salad
Steamed Carrots
Fruit Juice

07 **Nacho Combo**
w/ Beef Chili & Cheese
OR
Chef Salad w/ Ham *
Dinner Roll / Ranch Dressing

Sweet Golden Corn
Tossed Salad / Ranch Dressing
Fresh Pear

01 **Cheese Pizza+**
Animal Crackers
OR
Chef Salad w/Egg+
Dinner Roll / French Dressing

Black Charro Beans
Fresh Broccoli
Craisins

02 **Baked Penne Pasta+**
OR
Vanilla Yogurt w/ Trail Mix+
Animal Crackers

Sweet Potato Fries / Ketchup
Tossed Salad / Ranch Dressing
Fresh Orange

12 **Chicken Tacos**
w/ Mexican Rice
Taco Sauce
OR
Vanilla Yogurt w/ Trail Mix+
Scooby Doo Crackers

Sweet Golden Corn
Fresh Baby Carrots
Fresh Apple

13 **Maple Mini Waffles**
Poultry Sausage
OR
Fresh Fruit & Cheese Plate+
Garden Salsa Sun Chips

Tater Tots/ Ketchup
Fresh Baby Carrots
Peach-Mango Applesauce

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

Mashed Potatoes
Fresh Celery Sticks
Fresh Orange

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

BBQ Black Beans
Fresh Cherry Tomatoes
Diced Peaches

16 **Macaroni & Cheese+**
OR
Garden Salad w/ Cheese+
Dinner Roll / Ranch Dressing

Fresh Broccoli
Tossed Salad / French Dressing
Fresh Pear

19 **Beef Tacos**
Taco Sauce
OR
Vanilla Yogurt w/ Trail Mix+
Scooby Doo Crackers

Black Beans
Fresh Cherry Tomatoes
Craisins

20 **Pizza Dippers+**
Marinara Sauce
OR
Farmer's Market Combo+
Cheddar Goldfish Crackers

Sweet Golden Corn
Fresh Baby Carrots
Strawberry Applesauce

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

French Fries / Ketchup
Fresh Broccoli
Fresh Orange

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

Green Peas
Tossed Salad / French Dressing
Fresh Apple

23 **Vegetarian Nacho Combo+**
w/ Chili Beans & Cheese
OR
Strawberry Yogurt w/ Trail Mix+
Scooby Doo Crackers

Sweet Golden Corn
Fresh Baby Carrots
Fresh Clementine

26 **Pepperoni Pizza**
Animal Crackers
OR
Farmer's Market Combo+
Cheddar Goldfish Crackers

Vegetarian Baked Beans
Fresh Baby Carrots
Peach Applesauce

27 **Strawberry Pancakes+**
Vanilla Yogurt
OR
Fresh Fruit & Cheese Plate+
Animal Crackers

Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup

28 **Chicken Nuggets**
Dinner Roll / Ketchup
OR
Beef Nacho Salad
Jungle Crackers

Roasted Potatoes / Ketchup
Tossed Salad / Ranch Dressing
Fresh Pear

29 **Hot Dog**
Ketchup / Mustard
OR
Vanilla Yogurt w/ Trail Mix+
Scooby Doo Crackers

French Fries / Ketchup
Fresh Celery Sticks
Mixed Berry Applesauce

30 **Macaroni & Cheese+**
OR
Garden Salad w/ Cheese+
Dinner Roll / Ranch Dressing

Fresh Broccoli
Steamed Carrots
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>

Health & Wellness Message- Decoding Food Labels?

Everyone wants to purchase food that is nutritious and safe. Many people check food labels when they are grocery shopping in an effort to make sure that happens. Unlike the Nutrition Facts label, which is highly monitored, front of the package food labels aren't closely regulated. Beware of words such as natural, fat-free, and light. They might make foods seem healthier than they are.

Nutrition Facts	
Amount Per Serving	
Calories 200	Calories from Fat 27
% Daily Value*	
Total Fat 3g	6%
Saturated Fat 2g	4%
Trans Fat 0g	0%