

02 **Meatball Sub**
OR
Breaded Chicken Sandwich
BBQ Sauce
OR
Farmer's Market Combo+
Cheddar Goldfish Crackers
Vegetarian Baked Beans
Fresh Baby Carrots
Peach Applesauce

03 **Pepperoni Pizza**
OR
Chicken Mashed Potato Bowl
w/ Corn & Cheese
Dinner Roll
OR
Fruit & Cheese Plate+
Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup
Animal Crackers

04 **Chicken Nuggets**
Dinner Roll / Ketchup
OR
Grilled Cheese Sandwich+
OR
Beef Nacho Salad
Jungle Crackers
Tater Tots / Ketchup
Tossed Salad / Ranch Dressing
Fresh Pear

05 **Hot Dog**
Ketchup / Mustard
OR
Cheese Pizza+
Cheez-It Crackers
OR
Popcorn Chicken Salad
Dinner Roll / Ranch Dressing
French Fries / Ketchup
Fresh Celery Sticks
Mixed Berry Applesauce

06 **Spaghetti & Meatballs**
Fresh Breadstick
OR
Macaroni & Cheese +
OR
Garden Salad w/ Cheese+
Dinner Roll / French Dressing
Fresh Broccoli
Steamed Carrots
Fresh Apple

09 **Cheeseburger**
Ketchup / Mustard
OR
Pizza Dippers+
Marinara Sauce
OR
Yogurt w/ Trail Mix+
Scooby Doo Crackers
Sweet Golden Corn
Fresh Cherry Tomatoes
Mixed Fruit Cup

10 **Mini Maple Pancakes**
Poultry Sausage
OR
Turkey Ham & Cheese Panini
OR
Farmer's Market Combo+
Cheez-It Crackers
Tater Tots / Ketchup
Fresh Baby Carrots
Applesauce

11 **Cheese Pizza+**
Animal Crackers
OR
Orange Popcorn Chicken
w/ Broccoli & Cilantro Rice
OR
Garden Salad w/ Cheese+
Dinner Roll / French Dressing
Sweet Golden Corn
Fresh Celery Sticks
Fresh Apple Slices

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

13 **Hot Dog**
Ketchup / Mustard
OR
Pepperoni Pizza
Pretzel Goldfish Crackers
OR
Chef Salad w/ Turkey
Dinner Roll / Ranch Dressing
French Fries / Ketchup
Tossed Salad / French Dressing
Fresh Orange

16 **Sloppy Joe**
OR
Cheeseburger
Ketchup / Mustard
OR
Fruit & Cheese Plate+
Harvest Cheddar SunChips
French Fries / Ketchup
Fresh Baby Carrots
Cinnamon Applesauce

17 **Cheese Pizza+**
OR
Corn Dog
Ketchup / Mustard
OR
Farmer's Market Combo+
Cheddar Goldfish Crackers
Three Bean Salad
Steamed Carrots
Fruit Juice

18 **Nacho Combo w/**
Beef Chili & Cheese
OR
Oven Roasted Drumstick
w/ Brown Rice
OR
Chef Salad w/ Ham*
Dinner Roll / Italian Dressing
Sweet Golden Corn
Tossed Salad / Italian Dressing
Fresh Pear

19 **Spaghetti & Meatballs**
OR
Chicken Mashed Potato Bowl
w/ Cheese & Corn
OR
All-American Salad*
Dinner Roll / French Dressing
Steamed Broccoli
Fresh Cherry Tomatoes
Fresh Apple
Scooby Doo Crackers

20 **Breaded Chicken Sandwich**
BBQ Sauce
OR
Sausage, Egg & Cheese
English Muffin
OR
Chicken Caesar Salad^
Dinner Roll / Caesar Dressing^
Tater Tots / Ketchup
Fresh Celery Sticks
Peach Applesauce

23 **Chicken Soft Taco**
w/ Mexican Rice
Taco Sauce
OR
Grilled Cheese Sandwich+
OR
Yogurt w/ Trail Mix+
Scooby Doo Crackers
Sweet Golden Corn
Fresh Baby Carrots
Fresh Apple

24 **Mini Maple Waffles**
Poultry Sausage
OR
Pepperoni Pizza
OR
Fruit & Cheese Plate+
Harvest Cheddar SunChips
Tater Tots / Ketchup
Fresh Baby Carrots
Peach -Mango Applesauce

25 **Cheese Pizza+**
OR
Macaroni & Cheese+
OR
Chef Salad w/ Turkey
Cheez-It Crackers / Ranch Dressing
Fresh Broccoli
Green Peas
Fresh Orange

26 **Chicken Tenders**
Dinner Roll / BBQ Sauce
OR
Cheeseburger
Ketchup / Mustard
OR
Popcorn Chicken Salad
Jungle Crackers / Ranch Dressing
BBQ Black Beans
Fresh Cherry Tomatoes
Fresh Banana

27 **Salisbury Steak**
w/ Noodles and Gravy
OR
Fish Sticks^
Breadstick / Ketchup
OR
Garden Salad w/ Cheese+
Dinner Roll / Ranch Dressing
Mashed Potatoes
Tossed Salad / French Dressing
Fresh Pear

30 **Beef Soft Tacos**
Taco Sauce
OR
Breaded Chicken Sandwich
BBQ Sauce
OR
Yogurt w/ Tail Mix+
Scooby Doo Crackers
Black Beans
Fresh Cherry Tomatoes
Craisins

31 **Pizza Dippers+**
Marinara Sauce
OR
Corn Dog
Ketchup / Mustard
OR
Farmer's Market Combo+
Cheddar Goldfish Crackers
Sweet Golden Corn
Fresh Baby Carrots
Strawberry Applesauce

Salads:

(All Come with sides listed below salad)

- **Fruit & Cheese Plate-** Sliced Apples and Cheddar Cheese Cubes with Crackers or Chips
- **Beef Nacho Salad-** Beef Nacho Meat topped on a bed of mixed green salad and cheese with Tortilla Chips
- **Popcorn Chicken Salad** – Popcorn Chicken pieces served on top of mixed green salad with salad dressing
- **Chef Salad w/Turkey-** Diced Turkey served on top of mixed green salad with cheese with salad dressing
- **Chef Salad w/Ham-** Diced Pork Ham served on top of mixed green salad with cheese with salad dressing
- **Chef Salad w/Egg-** Sliced Egg served on top of mixed green salad with cheese with salad dressing
- **All-American-** Diced Pork Ham and Turkey served on top of mixed green salad & cheese
- **Yogurt w/Tail Mix-** Vanilla Yogurt with Trail Mix. Served in a tray. Trail Mix is separate from the Yogurt.
- **Chicken Caesar Salad-** Diced Chicken, Parmesan Cheese, on a bed of mixed greens served with Caesar Dressing
- **Farmer's Market-** String Cheese, Sugar Snack Peas, Cherry Tomatoes, baby Carrots, Ranch Dressing and a Breadstick

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>

Menu Highlight:

10/18: Beef Chili & Cheese Nacho Combo- Kid favorite Nacho Combo combines protein-packed pinto beans and lean ground beef for a taste sensation. Food items are packaged so students can choose to eat chips with the chili, the cheese or both. YUM!