

01
 Cheese Pizza+
 OR
 Chicken Mashed Potato Bowl
 w/ Cheese & Corn
 Dinner Roll
 Green Beans
 Fresh Cherry Tomatoes
 Mixed Fruit Cup

02
 Chicken Nuggets
 Ketchup / Dinner Roll
 OR
 Grilled Cheese Sandwich+
 Sweet Golden Corn
 Tossed Salad / FF Buttermilk
 Ranch Dressing
 Fresh Fruit
 Jungle Crackers

03
 Hot Dog
 Ketchup / Mustard
 OR
 Spaghetti & Meatballs
 Fresh Baked Breadstick
 French Fries / Ketchup
 Fresh Celery Sticks
 Craisins

04
 Macaroni & Cheese+
 OR
 Pepperoni Pizza
 Fresh Broccoli
 Steamed Carrots
 Fresh Fruit

07
 Cheeseburger
 Ketchup / Mustard
 OR
 Pizza Dippers+
 Marinara Sauce
 Calypso Crush Juice
 Steamed Broccoli
 Mixed Fruit Cup

08
 Maple Mini Pancakes
 Poultry Sausage
 OR
 BBQ Chicken Wedges
 Tater Tots / Ketchup
 Fresh Baby Carrots
 Applesauce

09
 Cheese Pizza +
 OR
 Hot Dog
 Ketchup / Mustard
 French Fries / Ketchup
 Tossed Salad / Lt French
 Dressing
 Fresh Fruit

10
 Breaded Chicken Sandwich
 BBQ Sauce
 OR
 Cheese Burrito
 Black Charro Beans
 Fresh Broccoli
 Fresh Fruit

11
 Orange Popcorn Chicken w/
 Cilantro Lime Rice
 OR
 Pepperoni Pizza
 Sweet Golden Corn
 Fresh Celery Sticks
 Fresh Fruit

14
 Sloppy Joe Melt
 OR
 Corn Dog
 Ketchup / Mustard
 French Fries / Ketchup
 Fresh Baby Carrots
 Mixed Fruit Cup

15
 Cheese Pizza +
 OR
 Cheeseburger
 Ketchup / Mustard
 Three Bean Salad
 Steamed Carrots
 Fruit Juice

16
 Nacho Combo
 OR
 Oven Roasted Chicken
 Drumstick w/ Brown Rice
 Sweet Golden Corn
 Tossed Salad / FF Buttermilk
 Ranch Dressing
 Fresh Fruit

17
 Breaded Chicken Sandwich
 BBQ Sauce
 OR
 Taco Wedges
 Tater Tots / Ketchup
 Fresh Celery Sticks
 Fresh Fruit

18
 Spaghetti & Meatballs
 Fresh Baked Breadstick
 OR
 Chicken Mashed Potato Bowl
 w/ Cheese and Corn
 Dinner Roll
 Steamed Broccoli
 Fresh Cherry Tomatoes
 Fresh Fruit

21
 Maple Waffles
 Poultry Sausage
 OR
 Cheeseburger
 Ketchup / Mustard
 Tater Tots / Ketchup
 Fresh Baby Carrots
 Diced Pears

22
 Chicken Soft Tacos w/
 Mexican Rice
 Taco Sauce
 OR
 Grilled Cheese Sandwich +
 Dinner Roll
 Dragon Punch Juice
 Green Beans
 Fresh Fruit

23
 Cheese Pizza+
 OR
 Macaroni & Cheese+
 Fresh Broccoli
 Steamed Carrots
 Fresh Fruit
 Animal Crackers

24
 Holiday

25
 Holiday

28
 Mini Maple Pancakes
 Poultry Sausage
 OR
 Corn Dog
 Ketchup / Mustard
 Tater Tots / Ketchup
 Fresh Baby Carrots
 Applesauce

29
 Beef Soft Tacos
 Taco Sauce
 OR
 Breaded Chicken Sandwich
 BBQ Sauce
 Black Beans
 Fresh Cherry Tomatoes
 Craisins

30
 Cheeseburger
 Ketchup / Mustard
 OR
 Chicken Tenders
 Breadstick / BBQ Sauce
 French Fries / Ketchup
 Fresh Broccoli
 Fresh Fruit




Did you know...?

- We only use heart healthy whole grain breads, pastas, and rolls.
- Milk contains no artificial growth hormones or antibiotics.
- 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 Subject to Change

Health & Wellness Message
Color My Plate: Orange/Yellow



Have you ever sampled tangerines, carrots, pineapples or sweet corn? If so, you have eaten something from the orange/yellow produce color group. This group helps your eyesight and heart. Try yellow and orange fruits and veggies when they are served in your school lunch.