

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

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

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

**06** Breaded Chicken  
Sandwich  
BBQ Sauce  
OR  
Cheese Burrito+  
  
Black Charro Beans  
Fresh Broccoli  
Fresh Fruit

**07** Orange Popcorn Chicken w/  
Broccoli & Rice  
OR  
Pepperoni Pizza  
  
Sweet Golden Corn  
Fresh Celery Sticks  
Fresh Fruit

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

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

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

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

**14** Spaghetti w/ Meatballs  
Breadstick  
OR  
Chicken Mashed Potato Bowl  
w/ Corn  
  
Steamed Broccoli  
Fresh Cherry Tomatoes  
Fresh Fruit

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

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

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

**20** Chicken Tenders  
Dinner Roll / BBQ Sauce  
OR  
Pepperoni Pizza  
  
BBQ Black Beans  
Fresh Cherry Tomatoes  
Fresh Fruit

**21** Pizza Dippers+  
Marinara Sauce  
OR  
Fish Sticks^  
Breadsticks / Ketchup  
  
Sweet Golden Corn  
Tossed Salad / French Dressing  
Fresh Fruit

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

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

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

**27** Rotini w/ Meat Sauce  
Dinner Roll  
OR  
Chicken Soft Tacos  
w/ Mexican Rice  
Taco Sauce  
  
Tossed Salad / French Dressing  
Sweet Golden Corn  
Fresh Fruit

**28** Chicken Sliders  
BBQ Sauce  
OR  
Cheese Pizza+  
  
Calypso Crush Juice  
Steamed Broccoli  
Fresh Fruit

**31** Meatball Sub  
OR  
Pizza Dippers+  
Marinara Sauce  
  
Vegetarian Beans  
Fresh Baby Carrots  
Grape Juice  
Cheddar Goldfish Crackers



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.
- 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

Color My Plate: Eating a Rainbow

Eat a plateful of color every day to stay healthy. An easy way to achieve this goal is to put fruit and vegetables into five groups: orange/yellow, brown/white/tan, blue/purple, red, and green. Choose something from each group for a mix of nutrients. Did you know that students are exposed to a variety of multicolored produce through your school's lunch program?