

		<p>01</p> <p>Chicken Nuggets Ketchup / Dinner Roll / Jungle Crackers OR Grilled Cheese Sandwich+ Sweet Golden Corn Tossed Salad / Ranch Dressing Fresh Fruit</p>	<p>02</p> <p>Hot Dog Ketchup / Mustard OR Spaghetti & Meatballs Breadstick French Fries / Ketchup Fresh Celery Sticks Strawberry Applesauce</p>	<p>03</p> <p>Macaroni & Cheese+ OR Pepperoni Pizza Fresh Broccoli Steamed Carrots Fresh Fruit</p>
<p>06</p> <p>Cheeseburger Ketchup / Mustard OR Pizza Dippers+ Marinara Sauce Calypso Crush Juice Steamed Broccoli Mixed Fruit Cup</p>	<p>07</p> <p>Mini Maple Pancakes Poultry Sausage OR BBQ Chicken Wedges Tater Tot / Ketchup Fresh Baby Carrots Applesauce</p>	<p>08</p> <p>Cheese Pizza+ Pretzel Goldfish Crackers OR Orange Popcorn Chicken w/Broccoli & Lime Rice Green Peas Fresh Celery Sticks Fresh Fruit</p>	<p>09</p> <p>Breaded Chicken Sandwich BBQ Sauce OR Cheese Burrito+ Black Charro Beans Fresh Broccoli Craisins</p>	<p>10</p> <p>Hot Dog Ketchup / Mustard OR Pepperoni Pizza Pretzel Goldfish Tossed Salad / French Dressing French Fries / Ketchup Fresh Fruit</p>
<p>13</p> <p>Sloppy Joe OR Corn Dog Ketchup / Mustard French Fries / Ketchup Fresh Baby Carrots Cinnamon Applesauce</p>	<p>14</p> <p>Cheese Pizza+ OR Cheeseburger Ketchup / Mustard Three Bean Salad Steamed Carrots Fruit Juice</p>	<p>15</p> <p>Nacho Combo OR Oven Roasted Chicken Drumstick w/ Brown Rice Green Peas Tossed Salad / Ranch Dressing Fresh Fruit</p>	<p>16</p> <p>Spaghetti & Meatballs Breadstick OR Chicken Mashed Potato Bowl w/ Cheese & Corn / Dinner Roll Fresh Cherry Tomatoes Steamed Broccoli Fresh Fruit</p>	<p>17</p> <p>Breaded Chicken Sandwich BBQ Sauce OR Taco Wedges Tater Tot / Ketchup Fresh Celery Sticks Strawberry Banana Applesauce</p>
<p>20</p> <p>Chicken Soft Tacos w/ Mexican Spiced Rice Taco Sauce OR Grilled Cheese Sandwich+ Dragon Punch Juice Green Beans Fresh Fruit</p>	<p>21</p> <p>Mini Maple Waffles Poultry Sausage OR Pepperoni Pizza Tater Tot / Ketchup Fresh Baby Carrots Cherry Applesauce</p>	<p>22</p> <p>Cheese Pizza+ OR Macaroni & Cheese+ Fresh Broccoli Steamed Carrots Fresh Fruit</p>	<p>23</p> <p>Chicken Tenders Dinner Roll / BBQ Sauce OR Cheeseburger Ketchup / Mustard BBQ Black Beans Fresh Cherry Tomatoes Fresh Fruit</p>	<p>24</p> <p>Pizza Dippers+ Marinara Sauce OR Fish Sticks ^ Ketchup / Breadstick Green Peas Tossed Salad / French Dressing Fresh Fruit</p>
<p>27</p> <p>Beef Soft Tacos Taco Sauce OR Breaded Chicken Sandwich BBQ Sauce Black Beans Fresh Cherry Tomatoes Craisins</p>	<p>28</p> <p>Sweet & Sour Meatballs w/ Brown Rice OR Corn Dog Ketchup / Mustard Green Peas Fresh Baby Carrots Applesauce</p>			

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: Red

The color for February is red. Red fruits and vegetables are packed with disease-fighting lycopene. Lycopene may help to prevent heart disease and certain types of cancers. In North America, 85% of dietary lycopene comes from tomato products such as tomato paste or ketchup. Have you ever eaten strawberries, watermelon, radishes or red bell peppers? They are all part of the red group.