

02
Cheeseburger
 Ketchup / Mustard
 OR
Pizza Dippers+
 Marinara Sauce
 Calypso Crush Juice
 Steamed Broccoli
 Mixed Fruit Cup

03
Mini Maple Pancakes
 Poultry Sausage
 OR
BBQ Chicken Wedges
 Tater Tots / Ketchup
 Fresh Baby Carrots
 Applesauce

04
Cheese Pizza +
 OR
Orange Popcorn Chicken
 w/Broccoli & Lime Cilantro
 Rice
 Green Peas
 Fresh Celery Sticks
 Fresh Fruit

05
Breaded
Chicken Sandwich
 BBQ Sauce
 OR
Cheese Burrito+
 Black Charro Beans
 Fresh Broccoli
 Fresh Fruit

06
Hot Dog
 Ketchup / Mustard
 OR
Pepperoni Pizza
 French Fries / Ketchup
 Tossed Salad / French
 Dressing
 Fresh Fruit

09
Sloppy Joe Melt
 OR
Corn Dog
 Ketchup / Mustard
 French Fries / Ketchup
 Fresh Baby Carrots
 Cinnamon Applesauce

10
Cheese Pizza+
 OR
Cheeseburger
 Ketchup / Mustard
 Three Bean Salad
 Steamed Carrots
 Fruit Juice

11
Nacho Combo
 OR
Oven Roasted Drumstick
 w/Brown Rice
 Green Peas
 Tossed Salad / Ranch
 Dressing
 Fresh Fruit

12
Breaded
Chicken Sandwich
 BBQ Sauce
 OR
Taco Wedges
 Tater Tots / Ketchup
 Fresh Celery Sticks
 Strawberry Banana
 Applesauce

13
Spaghetti & Meatballs
 Fresh Baked Breadstick
 OR
Chicken Mashed Potato
Bowl Dinner Roll
 Steamed Broccoli
 Fresh Cherry Tomatoes
 Fresh Fruit

16
Chicken Tacos
 w/ Mexican Rice
 Taco Sauce
 OR
Grilled Cheese Sandwich+
 Dragon Juice
 Green Beans
 Fresh Fruit

17
Mini Maple Waffles
 Poultry Sausage
 OR
Cheeseburger
 Ketchup / Mustard
 Tater Tots / Ketchup
 Fresh Baby Carrots
 Cherry Applesauce

18
Cheese Pizza+
 OR
Macaroni & Cheese+
 Fresh Broccoli
 Steamed Carrots
 Fresh Fruit
 Animal Crackers

19
Chicken Tenders
 BBQ Sauce / Dinner Roll
 OR
Pepperoni Pizza
 BBQ Black Beans
 Fresh Cherry Tomatoes
 Fresh Fruit

20
Pizza Dippers+
 Marinara Sauce
 OR
Fish Sticks^
 Breadstick / Ketchup
 Green Peas
 Tossed Salad / French
 Dressing
 Fresh Fruit

23
Beef Tacos
 Taco Sauce
 OR
Breaded Chicken
Sandwich
 BBQ Sauce
 Black Beans
 Fresh Cherry Tomatoes
 Craisins

24 *New!* **Sweet & Sour**
Meatballs w/ Brown Rice
 OR
Corn Dog
 Ketchup / Mustard
 Green Peas
 Fresh Baby Carrots
 Applesauce

25
Cheeseburger
 Ketchup / Mustard
 OR
Chicken Tenders
 BBQ Sauce / Breadstick
 French Fries / Ketchup
 Fresh Broccoli
 Fresh Fruit

26
Rotini w/ Meat Sauce
 Dinner Roll
 OR
Chicken Tacos
w/Mexican Rice
 Taco Sauce
 Sweet Golden Corn
 Tossed Salad / French Dressing
 Fresh Fruit

27
Chicken Sliders
 BBQ Sauce
 OR
Cheese Pizza+
 Calypso Crush Juice
 Steamed Broccoli
 Fresh Fruit

30
Meatball Sandwich
 OR
Breaded Chicken
Sandwich
 BBQ Sauce
 Baked Beans
 Fresh Baby Carrots
 Peach Applesauce
 Cheddar Goldfish Crackers

31
Cheese Pizza+
 OR
Chicken Mashed Potato
Bowl
 Dinner Roll
 Green Beans
 Fresh Cherry Tomatoes
 Mixed Fruit Cup



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: Blue/Purple

This month, we focus on the blue/purple produce group. Purple and blue produce provides health-enhancing antioxidants, phytochemicals, and flavonoids to your diet. Most people get very little of their fruit and veggie intake from this group. Eat blueberries, plums, and purple cabbage to boost consumption. Expand your horizons by trying purple asparagus, purple potatoes, and elderberries.