

**01 Baked Penne Pasta+**  
OR  
**Fish Sticks^**  
Ketchup  
  
Tossed Salad / French Dressing  
Tater Tots / Ketchup  
Fresh Fruit

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

**03 Cheese Pizza+**  
OR  
**Grilled Cheese Sandwich+**  
  
Calypso Crush Juice  
Steamed Broccoli  
Fresh Fruit

**06 Meatball Sub**  
OR  
**Breaded Chicken Sandwich**  
BBQ Sauce  
  
Baked Beans  
Fresh Baby Carrots  
Peach Applesauce

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

**08 Chicken Nuggets**  
Dinner Roll / Ketchup / Jungle  
Crackers  
OR  
**Spaghetti & Meatballs**  
Breadstick  
  
Tossed Salad / Ranch Dressing  
Sweet Golden Corn  
Fresh Fruit

**09 Hot Dog**  
Ketchup / Mustard  
OR  
**Pepperoni Pizza**  
  
French Fries / Ketchup  
Fresh Celery Sticks  
Strawberry Applesauce

**10 Macaroni & Cheese+**  
OR  
**Fish Sticks^**  
Breadstick / Ketchup  
  
Fresh Broccoli  
Steamed Carrots  
Fresh Fruit

**13 Cheeseburger**  
Ketchup / Mustard  
OR  
**Pepperoni Pizza**  
Pretzel Goldfish Crackers  
  
French Fries / Ketchup  
Tossed Salad / French Dressing  
Fresh Fruit

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

**15 Cheese Pizza+**  
Pretzel Goldfish Crackers  
OR  
**Orange Popcorn Chicken**  
w/ Broccoli Cilantro Lime Rice  
  
Green Peas  
Fresh Celery Sticks  
Fresh Fruit

**16 Breaded Chicken Sandwich**  
BBQ Sauce  
OR  
**Cheese Burrito**  
  
Black Charro Beans  
Fresh Broccoli  
Craisins

**17 Baked Penne Pasta+**  
OR  
**Pizza Dippers+**  
Marinara Sauce  
  
Calypso Crush Juice  
Steamed Broccoli  
Mixed Fruit Cup

**20 Sloppy Joe**  
OR  
**Corn Dog**  
Ketchup / Mustard  
  
French Fries / Ketchup  
Fresh Baby Carrots  
Cinnamon Applesauce

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

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

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

**24 Macaroni & Cheese+**  
OR  
**Fish Sticks^**  
Ketchup / Breadstick  
  
Steamed Broccoli  
Fresh Cherry Tomatoes  
Fresh Fruit

**27 Chicken Tacos**  
w/ Mexican Rice Taco Sauce  
OR  
**Hot Dog**  
Ketchup / Mustard  
  
Dragon Punch Juice  
Green Beans  
Fresh Fruit

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

**29 Cheese Pizza+**  
OR  
**Macaroni & Cheese**  
  
Fresh Broccoli  
Steamed Carrots  
Fresh Fruit

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

**31 Grilled Cheese Sandwich+**  
OR  
**Pizza Dippers+**  
Marinara Sauce  
  
Green Peas  
Tossed Salad / French Dressing  
Fresh Fruit

**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: Green**

Lettuce, celery, and cucumbers are regularly served on our lunch menu. These vegetables are members of the green group. The green group contains fruits and veggies that promote better vision and strong bones and teeth. Can you solve this puzzle? I am green. I look like a little tree. I am a vegetable. What am I?

Answer: Broccoli

