

01

Chicken Soft Tacos w/
Mexican Rice
Taco Sauce
OR
Grilled Cheese Sandwich+

Green Peas
Carrot Coins
Fresh Fruit

02

Mini Maple Waffles
Poultry Sausage
OR
Pepperoni Pizza

Tater Tots / Ketchup
Fresh Baby Carrots
Peach Applesauce

03

Cheese Pizza+
OR
Macaroni & Cheese+

Fresh Broccoli
Sweet Golden Corn
Fresh Fruit

04

Chicken Tenders
Dinner Roll / BBQ Sauce
OR
Cheeseburger
Ketchup / Mustard

BBQ Black Beans
Fresh Cherry Tomatoes
Fresh Fruit

05

Sweet & Sour Meatballs
w/ Brown Rice
OR
Fish Sticks^
Ketchup / Breadstick

Green Peas
Tossed Salad / French Dressing
Fresh Fruit

08

Beef Soft Tacos
Taco Sauce
OR
Breaded Chicken Sandwich
BBQ Sauce

Black Beans
Fresh Cherry Tomatoes
Craisins

09

Pizza Dippers+
Marinara Sauce
OR
Corn Dog
Ketchup / Mustard

Green Peas
Fresh Baby Carrots
Strawberry Applesauce

10

Cheeseburger
Ketchup / Mustard
OR
Chicken Tenders
Breadstick / BBQ Sauce

French Fries / Ketchup
Fresh Broccoli
Fresh Fruit

11

Rotini w/ Meat Sauce
Dinner Roll
OR
Chicken Soft Tacos w/ Mexican Rice
Taco Sauce

Sweet Golden Corn
Tossed Salad / French Dressing
Fresh Fruit

12

Chicken Sliders
BBQ Sauce
OR
Cheese Pizza+

Green Peas
Carrot Coins
Fresh Fruit

15

Meatball Sub
OR
Breaded Chicken Sandwich
BBQ Sauce

Baked Beans
Fresh Baby Carrots
Peach Applesauce

16

Chicken Mashed Potato Bowl
w/ Corn & Cheese
Dinner Roll
OR
Cheese Pizza+

Green Peas
Fresh Cherry Tomatoes
Mixed Fruit Cup

17

Chicken Nuggets
Dinner Roll / Ketchup
OR
Grilled Cheese Sandwich+

Sweet Golden Corn
Tossed Salad / Ranch Dressing
Fresh Fruit

18

Hot Dog
Ketchup / Mustard
OR
Spaghetti & Meatballs
Breadstick

French Fries / Ketchup
Fresh Celery Sticks
Strawberry Applesauce

19

Macaroni & Cheese+
OR
Pepperoni Pizza

Fresh Broccoli
Steamed Carrots
Fresh Fruit

22

Cheeseburger
Ketchup / Mustard
OR
Pizza Dippers +
Marinara Sauce

Green Peas
Fresh Cherry Tomatoes
Mixed Fruit Cup

23

Mini Maple Pancakes
Poultry Sausage
OR
BBQ Chicken Wedges

Tater Tots / Ketchup
Fresh Baby Carrots
Applesauce

24

Cheese Pizza+
Pretzel Goldfish Crackers
OR
Orange Popcorn Chicken
w/ Broccoli & Cilantro Rice

Green Peas
Fresh Celery Sticks
Fresh Fruit

25

Breaded
Chicken Sandwich
BBQ Sauce
OR
Cheese Burrito+

Black Charro Beans
Fresh Broccoli
Craisins

26

Hot Dog
Ketchup / Mustard
OR
Pepperoni Pizza
Pretzel Goldfish Crackers

French Fries / Ketchup
Tossed Salad / French Dressing
Fresh Fruit

29

HOLIDAY

30

Cheese Pizza+
OR
Corn Dog
Ketchup / Mustard

Three Bean Salad
Steamed Carrots
Fruit Juice

31

Nacho Combo
OR
Oven Roasted Drumstick
w/ Brown Rice

Green Peas
Tossed Salad / Italian 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: Farmer's Market:

When the weather gets warmer, many communities operate farmer's markets. A farmer's market is a place where local farmers sell fruits, vegetables, and other foods directly to consumers. It's a fun and inexpensive way to purchase fresh produce. It's also a great way to support the local economy. To find a farmer's market near you, visit the Department of Agriculture website.