

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 / Mustard  
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.