

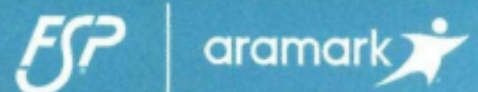
# DECEMBER 2021 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Friday, December 17th</b> <b>NATIONAL UGLY SWEATER DAY</b></p> 		<p><b>1</b></p> <p><b>Corn Dog</b> Mustard or <b>Classic Hamburger</b> Ketchup or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing</p> <p>Baked Beans + Fresh Fruit</p>	<p><b>2</b></p> <p><b>Cheesy Flatbread +</b> or <b>Soft Tacos</b> Taco Sauce or <b>Strawberry Yogurt w/ Granola +</b> / Scooby Doo Grahams</p> <p>Tossed Salad / Ranch Dressing Baby Carrots Flavored Applesauce</p>	<p><b>3</b></p> <p><b>Chili Con Carne</b> Cornbread Poppers or <b>Teriyaki Beef Dippers</b> Brown Rice or <b>All-American Salad</b> Dinner Roll / French Dressing</p> <p>Steamed Broccoli Craisins</p>
<p><b>6</b></p> <p><b>Deep Dish Galaxy Cheese Pizza +</b> or <b>Cheeseburger Mealloaf</b> Breadstick or <b>Fresh Apple &amp; Cheese Plate +</b> / Goldfish Pretzels</p> <p>Shoestring Fries / Ketchup Fresh Fruit</p>	<p><b>7</b></p> <p><b>Spaghetti with Meatballs</b> or <b>Chicken Nuggets</b> Pretzel Rod / BBQ Sauce or <b>Strawberry Yogurt w/ Granola +</b> / Bug Bite Granams</p> <p>Steamed Broccoli 100% Fruit Juice</p>	<p><b>8</b></p> <p><b>Hot Diggly Dog</b> Ketchup or <b>Pizza Crunchers +</b> or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing</p> <p>BBQ Black Beans Flavored Applesauce</p>	<p><b>9</b></p> <p><b>All American Cheese Melt +</b> or <b>Chicken Parmesan with Spaghetti</b> or <b>Nacho Salad</b> Tostitos Scoops / Scooby Doo Grahams</p> <p>Steamed Green Beans Tossed Salad / Ranch Dressing Fresh Fruit</p>	<p><b>10</b></p> <p><b>Salisbury Steak with Gravy</b> / Egg Noodles or <b>Nacho Combo</b> Tostitos Scoops or <b>Chicken Caesar Salad</b> Dinner Roll / Caesar Dressing</p> <p>Steamed Carrots Craisins</p>
<p><b>13</b></p> <p><b>BBQ Meatball Sub</b> or <b>Mini Corn Dogs</b> Mustard or <b>Vanilla Yogurt w/ Granola +</b> Cinnamon Belly Bears</p> <p>Sweet Potato Fries Fresh Fruit</p>	<p><b>14</b></p> <p><b>Chicken Tenders</b> Breadstick / BBQ Sauce or <b>Cheesy Baked Penne +</b> or <b>Fresh Apple &amp; Cheese Plate +</b> / Goldfish Pretzels</p> <p>Steamed Green Beans Flavored Applesauce</p>	<p><b>15</b></p> <p><b>Italian Cheese &amp; Garlic Cheesy Pull Aparts +</b> Pizza Dipping Sauce or <b>Macaroni &amp; Cheese +</b> or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing</p> <p>Steamed Broccoli Fresh Fruit</p>	<p><b>16 HOLIDAY MEAL</b></p> <p><b>Turkey with Gravy</b> Dinner Roll or <b>Cheesy Flatbread +</b> or <b>All-American Salad</b> Dinner Roll / French Dressing</p> <p>Mashed Potatoes 100% Fruit Juice</p>	<p><b>17</b></p> <p><b>Classic Hamburger</b> Ketchup or <b>Hot Diggly Dog</b> Ketchup or <b>Strawberry Yogurt w/ Granola +</b> / Scooby Doo Grahams</p> <p>Baked Beans + Fresh Fruit</p>
<p><b>20</b></p> <p><b>Pizza Crunchers +</b> or <b>Breaded Chicken Sandwich</b> BBQ Sauce or <b>Fresh Apple &amp; Cheese Plate +</b> / Goldfish Pretzels</p> <p>Steamed Carrots Fresh Fruit</p>	<p><b>21</b></p> <p><b>Turkey Sausage Flatbread</b> or <b>Mini Corn Dogs &amp; Pretzel Bites</b> / Cheese Sauce or <b>Vanilla Yogurt w/ Granola +</b> Cinnamon Belly Bears</p> <p>Steamed Broccoli Flavored Applesauce</p>	<p><b>22</b></p> <p><b>Meatball Pizza Sub</b> or <b>Fish Patty Melt +</b> Tartar Sauce or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing</p> <p>Sweet Golden Corn 100% Fruit Juice</p>	<p><b>23</b></p> <p><b>Southwest Queso Cheesy Pull Aparts +</b> or <b>Chicken Tenders</b> Goldfish Crackers / BBQ Sauce or <b>Strawberry Yogurt w/ Granola +</b> / Scooby Doo Grahams</p> <p>Charro Beans Craisins</p>	<p><b>HAVE A GREAT WINTER BREAK</b></p> 
<p><b>NEW</b> <b>Thursday, December 3rd</b> <b>Cornbread Poppers</b></p> 	<p><b>RED-Y FOR WINTER</b></p> <p>Did you know the color red visually triggers appetite? Vibrant red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include tomatoes, kidney beans, cranberries, and pomegranates. On top of these impressive benefits, some red foods are used as dyes.</p>			

## Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
  - Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
  - Nutrition and allergen information available at [www.FSPro.com](http://www.FSPro.com)
  - Menu items do not contain pork
  - + item does not contain meat
- \*Menu Subject to Change\*

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Please visit us at [www.FSPro.com](http://www.FSPro.com)