





## **FOUNTAIN SPRINGS**

	Act.	FOUNTAIN SPRINGS		* 5
NOV EM BER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4	5	6	7
Assorted Cereal	French Toast Sticks	Yogurt/Mini Loaf	Pancakes w/Syrup	Assorted Cereal
Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk
Breaded Chicken	Meatballs in Gravy	French Toast Sticks	Mac & Cheese	Hamburger on a Bun
Buttered Pasta	Mashed Potatoes	Hash Brown	Breaded Chicken	French Fries
Baked Beans	Garlic Sticks	Sausage Link	Stewed Tomatoes	Steamed Peas
Choice of Fruit	Steamed Corn	Steamed Carrots	Choice of Fruit	Choice of Fruit
	Choice of Fruit	Choice of Fruit		
WG Cheez-It Crackers	String Cheese	ТВА	WG Blueberry Muffin	WG Graham Crackers
Apple Wedges	Strawberry Banana Yogurt	Peaches	Pineapples	Applesauce
)	11	12	13	14
Assorted Cereal	French Toast Sticks	Yogurt/Mini Loaf	Waffles w/Syrup	Assorted Cereal
Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk
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Breaded Chicken	Cheese Ravioli wSauce	Chicken Cruncher	Cheese Pizza	Cheesy Breadsticks
Brown Rice	Garden Salad	Baby Cake Potatoes	Tortilla Chips	Garden Salad
Broccoli	W G Roll	Baked Beans	Mixed Vegetables	Green Beans
Fruit	Corn	Choice of Fruit	Choice of Fruit	Choice of Fruit
Truit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
WG Lg. Goldfish	Choice of Truit			
Graham Crackers	Mini Apple Cinn. Loaf	WG Animal Cookies	String Cheese	Alphabet Cookies
Banana	Mandarin Oranges	Diced Pears	Raspberry Yogurt	Mixed Fruit
7	18	19	20	21
Assorted Cereal	Pancakes w/Syrup	Yogurt/Mini Loaf	Egg & Cheese Sandwich	Assorted Cereal
Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk
OGIOO/WIIIK	Galed/Willix	odioc/wiiik	odioo/iviiik	OGIOG/WIIIK
Popcorn Chicken	Taco Tuesday	Buttered Pierogis	Turkeyin Gravy	Mac & Cheese
Mashed Potatoes	Tortilla Chips	W G Roll	Mashed Potatoes	Breaded Chicken
W G Roll	Cheese & Salsa	String Cheese	Steamed Corn	Stewed Tomatoes
Steamed Corn	Brown Rice	Steamed Carrots	W G Dinner Roll	Choice of Fruit
Choice of Fruit	Beans	Choice of Fruit	Baked Apples	Choice of Fruit
Choice of Ffuit	Choice of Fruit	Choice of Fruit	Baked Apples	
	Choice of Fruit			WG Cheddar
WG Mini Banana Loaf	WG Graham Crackers	String Cheese	ТВА	Goldfish Crackers
Orange Wedges	Peaches	Cherry Vanilla Yogurt	Pineapples	Applesauce
4	25	26	27	28
Assorted Cereal	French Toast Sticks	Yogurt/Mini Loaf		1
Juice/Milk	Juice/Milk	Juice/Milk		
OGIOO/WIIIK	Galed/Willix	odioc/wiiik	GOBBLE	
Chicken Patty	Meatballs in Sauce	Cheese Pizza	TILVOLI	
Scallop Potatoes	Buttered Pasta	Garden Salad		877 >- 13
Green Beans	Steamed Corn	Steamed Broccoli	MORRIE	
Choice of Fruit	Choice of Fruit	Choice of Fruit	2000	
Choice of Ffuit	Choice of Fruit	Choice of Fruit		
			4 %	
WG Cheez-It Crackers	String Cheese	WG Blueberry Muffin		M OL COER
Apple Wedges	Peach Yogurt	Mandarin Oranges	PROGRA	M CLOSED
	unflavored milk; juice is 100% paster		an 23 grams of sugar per 6 ounce	

All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.

Menu Subject to Change