



# Forest Grove

## FEATURE OF THE MONTH

### Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH\*.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	2		
						No School	No School		
	5	6	7	8	9				
No School	No School	Lunch: Chicken Bites, fresh fruit, and veggies Lunch: (GF/DF/V) Refried Bean Dip, fresh fruit, and veggies	Lunch: Mac & Cheese, W.H Roll, fresh fruit, and veggies Lunch: (GF/DF/V) Taco Salad, fresh fruit, and veggies	Lunch: Curry Chicken & Quinoa, fresh fruit, and veggies Lunch: (GF/DF/V) Protien Pack, fresh fruit, and veggies					
	12	13	14	15	16				
Lunch: Mac & Cheese, W.H Roll, fresh fruit, and veggies Lunch: (GF/DF/V) Sunbutter & Jam Sandwich, fresh fruit, and veggies	Lunch: Taco Salad, fresh fruit, and veggies Lunch: (GF/DF/V) Snack Pack, fresh fruit, and veggies	Lunch: Cheeseburger, fresh fruit, and veggies Lunch: (GF/DF/V) Cuan Black Bean Dip, fresh fruit, and veggies	Lunch: (V) Pasta Alfredo Pasta , Whole Wheat Roll, fresh fruit, and veggies Lunch: (GF/DF/V) Taco Salad, fresh fruit, and veggies	Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Lunch: (GF/DF/V) Protien Pack, fresh fruit, and veggies					
	19	20	21	22	23				
Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Lunch: (GF/DF/V) Sunbutter & Jam Sandwich, fresh fruit, and veggies	Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies Lunch: (GF/DF/V) Snack Pack, fresh fruit, and veggies	Lunch: Turkey Hot Dog, fresh fruit, and veggies Lunch: (GF/DF/V) Refried Bean Dip, fresh fruit, and veggies	Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Lunch: (GF/DF/V) Taco Salad, fresh fruit, and veggies	Lunch: Biscuits and Gravy, fresh fruit, and veggies Lunch: (GF/DF/V) Protien Pack, fresh fruit, and veggies					
	26	27	28	29	30				
Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies Lunch: (GF/DF/V) Sunbutter & Jam Sandwich, fresh fruit, and veggies	Lunch: Chicken Quesadilla, fresh fruit, and veggies Lunch: (GF/DF/V) Snack Pack, fresh fruit, and veggies	Lunch: (V) Pizza bagel, fresh fruit, and veggies Lunch: (GF/DF/V) Cuan Black Bean Dip, fresh fruit, and veggies	Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Lunch: (GF/DF/V) Taco Salad, fresh fruit, and veggies	Lunch: Cajun Chicken & Rice, fresh fruit, and veggies Lunch: (GF/DF/V) Protien Pack, fresh fruit, and veggies					

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES

*This institution is an equal opportunity provider.*

ALL MEALS ARE SERVED WITH A VARIETY OF MILK