



Forest Grove Community School

FEATURE OF THE MONTH

Spielman Wholesale Bagels

Spielman Wholesale Bagels was started from a tiny kettle in the back of owner Rick Spielman's Coffee Roasters (retail store). They are "Portland Style" kettle boiled bagels made with sourdough starter, milk and honey. This makes a crusty bagel with a wonderfully chewy center and a slight tang. They now produce over 5000 bagels per week in their wholesale bakeshop and deliver daily.

Student: _____

Teacher: _____

Please circle one option per day below.

Orders are due to the office by 12:00pm Monday, March 18th.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	2	Lunch: (DF) Orange Chicken, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, Hummus, fresh fruit, and veggies	3	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	4	Lunch: (V, GF, DF) Hearty Chili, WG Tortilla Chips, fresh fruit and veggies, Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit	5 No Lunch Service	
8	Lunch: (V) Fajita Breakfast Burrito, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, and veggies, fresh fruit	9	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	10	Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	11	Lunch: Ham & Cheddar Hoagie, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad, fresh fruit, and veggies, and veggies	12 No School	
15	Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	16	Lunch: (V) Fajita Breakfast Burrito, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	17	Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	18	19 No School		
22	Lunch: (V, DF) Pancake Breakfast, Roasted Potatoes, fresh fruit, Strawberry Fruit Spread Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	23	Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	24	Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	25	Lunch: (V) Rolled Enchiladas Rojas, Ranch, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad, fresh fruit, and veggies	26 No Lunch Service	
29	Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	30	Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies						

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH, ORGANIC FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH A VARIETY OF MILK

Forest Grove Community School is an equal opportunity provider.