



Forest Grove Community School

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies</p>	<p>4</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies</p>	<p>5</p> <p>Lunch: Chicken Quesadilla (Bulk), fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>	<p>6</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>7</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies</p>
<p>10</p> <p>Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies</p>	<p>11</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies</p>	<p>12</p> <p>Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>	<p>13</p> <p>Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>14</p> <p>No School</p>
<p>17</p> <p>Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies</p>	<p>18</p> <p>Lunch: Burrito Bowl, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies</p>	<p>19</p> <p>Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>	<p>20</p> <p>No School</p>	<p>21</p> <p>No School</p>
<p>24</p> <p>Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies</p>	<p>25</p> <p>Lunch: Cheeseburger, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies</p>	<p>26</p> <p>Lunch: Taco Salad (Bulk), Frito Chip 2 oz Packs, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>	<p>27</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>28</p> <p>Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies</p>

DF - Dairy Free

GF - Gluten Free

V - Vegeta

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

Forest Grove Community School is an equal opportunity provider.