



Forest Grove Community School

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, fresh fruit Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, fresh fruit	2	Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies	3	Lunch: Waffle Lunch, Maple Syrup Cup, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	4	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	5	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies
8	Lunch: Fish Sticks, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	9	Lunch: (DF) Chicken Corn Dog Bites, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	10	Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	11	Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies	12	No School
15	Lunch: (DF) Orange Chicken and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	16	Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	17	Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	18	No School	19	No School
22	Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	23	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	24	Lunch: Taco Salad (Bulk), Frito Chip 2 oz Packs, fresh fruit Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	25	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	26	Lunch: (V) Breakfast Burrito, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies
29	Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	30	Lunch: (DF) Chicken Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies						

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

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

This institution is an equal opportunity provider.