



Forest Grove Community School

FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
	4	5	6	7
		Lunch: Cheeseburger, fresh fruit, and veggies, and veggies Alternate: Taco Salad (GF, DF, V)	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alternate: Refried Bean Dip (GF, DF, V)	Lunch: (DF) Orange Chicken and Rice, fresh fruit, and veggies Alternate: Sunbutter & Jam Sandwich (GF, DF, V)
	11	12	13	14
Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, fresh fruit Alternate: Taco Salad (GF, DF, V)	Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies Alternate: Sunbutter & Jam Sandwich (GF, DF, V)	Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies Alternate: Refried Bean Dip (GF, DF, V)	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alternate: Cuban Black Bean Dip (GF, DF, V)	Lunch: (DF) Popcorn Chicken, fresh fruit, and veggies Alternate: Protein Pack (GF, DF, V)
	18	19	20	21
Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, fresh fruit Alternate: Protein Pack (GF, DF, V)	Lunch: Cheeseburger, fresh fruit, and veggies Alternate: Taco Salad (GF, DF, V)	Lunch: Waffle Lunch, Maple Syrup Cup, fresh fruit, and veggies Alternate: Sunbutter & Jam Sandwich (GF, DF, V)	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies, and veggies Alternate: Refried Bean Dip (GF, DF, V)	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alternate: Cajun Red Beans & Rice (GF, DF, V)
	25	26	27	28
Lunch: Fish Sticks, fresh fruit, and veggies Alternate: Refried Bean Dip (GF, DF, V)	Lunch: Corn Dog Bites, fresh fruit, and veggies Alternate: Sunbutter & Jam Sandwich (GF, DF, V)	Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit Alternate: Taco Salad (GF, DF, V)	Lunch: Cheeseburger, fresh fruit, and veggies Alternate: Cajun Red Beans & Rice (GF, DF, V)	Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies Alternate: Protein Pack (GF, DF, V)
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DF - Dairy Free

GF - Gluten Free

V - Vegetarian

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

Forest Grove Community School is an equal opportunity provider.

MILK