



# 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.

**Weds, Nov. 14**

Orders are due to the office by 12:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch: (V, DF) <b>3</b> Pancake Breakfast, fresh fruit, Raspberry Fruit Spread, Roasted Potatoes</p> <p>Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies</p>	<p>Lunch: (DF) <b>4</b> Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) DF Mexican Bean &amp; Rice Bowl</p>	<p>Lunch: (V) <b>5</b> Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg</p>	<p>Lunch: (V) <b>6</b> Rolled Enchiladas Rojas, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad</p>	<p><b>7</b> No Lunch Service</p>
<p>Lunch: (DF) <b>10</b> Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack</p>	<p>Lunch: (DF) <b>11</b> Orange Chicken, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) DF Mexican Bean &amp; Rice Bowl</p>	<p>Lunch: (V) <b>12</b> Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg</p>	<p>Lunch: (V, GF, DF) <b>13</b> Hearty Chili, WG Tortilla Chips, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack</p>	<p><b>14</b> No Lunch Service</p>
<p>Lunch: (V) <b>17</b> Fajita Breakfast Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack</p>	<p>Lunch: (DF) <b>18</b> Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) DF Mexican Bean &amp; Rice Bowl</p>	<p>Lunch: (DF) <b>19</b> Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg</p>	<p>Lunch: <b>20</b> Ham &amp; Cheddar Hoagie, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad</p>	<p><b>21</b> No Lunch Service</p>
<p><b>24</b> No School</p>	<p><b>25</b> No School</p>	<p><b>26</b> No School</p>	<p><b>27</b> No School</p>	<p><b>28</b> No School</p>
<p><b>31</b> No School</p>				

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

The USDA and Forest Grove Community School are equal opportunity providers.