



# Forest Grove Community School

## FEATURE OF THE MONTH

### Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH\*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	2 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
5 Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies	6 Lunch: Burrito Bowl, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies	7 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	8 Lunch: (DF) Cheeseburger, fresh fruit, and veggies  Alt. Lunch: Refried Bean Dip, Frito Chip 2 oz Packs, and veggies	9 Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
12 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, and veggies	13 Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies	14 Lunch: Chicken Quesadilla (Bulk), fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	15 Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	16 Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
19 No School	20 No School	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

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.*