



Forest Grove Community School

FEATURE OF THE MONTH

Truitt Bros. & Central Bean Co.

We are pleased to offer locally sourced beans from Truitt Brothers this month! Truitt Bros. beans are sustainably grown by family-owned Central Bean Company in Quincy, Wash., which is Food Alliance Certified. In 2010, the company was recognized as one of Oregon's leaders in sustainable approaches to business.

Student: _____

Teacher: _____

Please circle one option per day below.

Orders are due to the office by 12:00pm Wednesday, January 16th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 No School
4 Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	5 Lunch: (DF) Orange Chicken, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, Hummus, fresh fruit, and veggies	6 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	7 Lunch: (V, GF, DF) Hearty Chili, WG Tortilla Chips, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit	8 No Lunch Service
11 Lunch: (V) Fajita Breakfast Burrito, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	12 Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	13 Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	14 Lunch: (GF Filling, DF) Soft Chicken Tacos, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad, fresh fruit, and veggies	15 No Lunch Service
18 No School	19 Lunch: (DF) BBQ Chicken Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	20 Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	21 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit and veggies	22 No Lunch Service
25 Lunch: (V, DF) Pancake Breakfast, Roasted Potatoes, fresh fruit, Strawberry Fruit Spread Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	26 Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	27 Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	28 Lunch: (V) Rolled Enchiladas Rojas, Ranch, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad, fresh fruit, and veggies	

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

Forest Grove Community School is an equal opportunity provider.