



# Forest Grove Community School

## FEATURE OF THE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Lunch: Cheeseburger, fresh fruit, and veggies, and veggies  Alt. Lunch: (V, GF, DF) Refried 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) Cajun Red Beans & Rice, fresh fruit, and veggies
5 Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	6 Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	7 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	8 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	9 Lunch: (V) Breakfast Burrito, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies
12 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	13 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	14 Lunch: (V) Cheesy Quesadilla (Bulk), fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	15 Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit  Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	16 Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies
19 Lunch: Cheeseburger, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	20 Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	21 Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	22 Lunch: (V, DF) French Toast Stick Lunch, fresh fruit, Apple Butter Cup, and veggies  Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies	23 Lunch: (V, DF) French Toast Stick Lunch, fresh fruit, Apple Butter Cup, and veggies  Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies
26 Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	27 Lunch: Burrito Bowl, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies	28 Lunch: Cheeseburger, fresh fruit, and veggies, and veggies  Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	29 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	

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.*