



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 Friday, December 14th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	No School	No School	No School	No School
7	8	9	10	11
Lunch: Meatball Sub, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggie Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad, fresh fruit, and veggies	No Lunch Service
14	15	16	17	18
Lunch: (DF) Orange Chicken, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	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	Lunch: Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit, and veggies	No Lunch Service
21	22	23	24	25
No School	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	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	Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit, and veggies	No Lunch Service
28	29	30	31	
Lunch: (V, DF) Pancake Breakfast, fresh fruit, Raspberry Fruit Spread, Roasted Potatoes, Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	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	Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	Lunch: No School	

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.