



Forest Grove Community School

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	2	Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	3	Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
	6	7		8	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	9	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	10	Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
	13	14		15	Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	16	Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	17	Lunch: Cajun Chicken & Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
	20	21		22	Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	23	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	24	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
	27	28		29	No School	30	No School	31	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.