



# Forest Grove Community School

## FEATURE OF THE MONTH

### Franz Bakery

Franz Bakery is a fourth generation, family-owned baking company based in Portland, OR. Since 1906, Franz has been providing communities with fresh bread, buns, bagels, cookies and pastries, using the highest quality ingredients. Fresh n' Local Foods is proud to partner with Franz in both Salem, OR and Tacoma, WA to provide our customers with locally produced whole grain bread, rolls and buns.

Student: \_\_\_\_\_

Teacher: \_\_\_\_\_

Please circle one option per day below.

Orders are due to the office by 12:00pm Wednesday, April 17th.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	2 Lunch: (DF) Teriyaki Chicken with Rice, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad, fresh fruit, and veggies				3 No Lunch Service
	6 Lunch: (DF) Orange Chicken, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	7 Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies		8 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	9 Lunch: Turkey & Cheddar Hoagie, Ranch, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit, and veggies				10 No Lunch Service
	13 Lunch: Chicken Pot Pie, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	14 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies		15 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	16 Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit				17 No Lunch Service
	20 Lunch: (V, DF) Pancake Breakfast, Raspberry Fruit Spread, Roasted Potatoes, fresh fruit  Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	21 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		22 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	23 Lunch: (V) Rolled Enchiladas Rojas, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad, fresh fruit, and veggies				24 No Lunch Service
	27 No School	28 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		29 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies  Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	30 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				31 No Lunch Service

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.