



Forest Grove Community School

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies	2	Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies	3	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	4	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	5	Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
8	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, and veggies	9	Lunch: (V) Cheesy Quesadilla (Bulk), fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies	10	Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	11	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	12	Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
15	Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies, and veggies	16	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies	17	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	18	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	19	No School
22	Lunch: Chicken Pasta Alfredo, 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, and veggies	23	Lunch: Burrito Bowl, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies	24	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	25	Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	26	Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies
29	No School	30	Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies	31	Lunch: Chicken Quesadilla (Bulk), fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit				

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.