



Forest Grove Community School

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									1 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies
	4 Lunch: (DF) Orange Chicken and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	5 Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	6 Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	7 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	8 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies				
11 Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	12 Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	13 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	14 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	15 Lunch: (V) Breakfast Burrito, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies					
18	19	20	21	22					
25	26	27	28	29					

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.