



Forest Grove Community School

FEATURE OF THE MONTH

Umpqua Dairy

Umpqua Dairy is the largest family owned dairy in southern Oregon. They receive fresh milk from family farms located in Oregon and SW Washington. These farmers take pride in keeping their animals healthy. The family farms have made a commitment to customers by producing milk that comes from cows not treated with rBST/rBGH*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Lunch: Burrito Bowl, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies</p>	<p>2</p> <p>Lunch: (DF) Chicken Bites, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>	<p>3</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>4</p> <p>Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies</p>
<p>7</p> <p>Lunch: (DF) Meaty Spaghetti, WG Garlic Bread, fresh fruit, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies</p>	<p>8</p> <p>Lunch: (DF) Cheeseburger, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies</p>	<p>9</p> <p>Lunch: Taco Salad (Bulk), Frito Chip 2 oz Packs, fresh fruit</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>	<p>10</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>11</p> <p>No School</p>
<p>14</p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies</p>	<p>15</p> <p>Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies</p>	<p>16</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>	<p>17</p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>	<p>18</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies</p>
<p>21</p> <p>Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies</p>	<p>22</p> <p>Lunch: Cheesy Quesadilla (Bulk), fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies</p>	<p>23</p> <p>No School</p>	<p>24</p> <p>No School</p>	<p>25</p> <p>No School</p>
<p>28</p> <p>Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies, and veggies</p>	<p>29</p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Snack Pack, fresh fruit, and veggies</p>	<p>30</p> <p>Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>		

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.