



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*.

Student: _____

Teacher: _____

Please circle one option per day below.

Orders are due to the office by 12:00pm Monday

Sept. 16th.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lunch: (V) Mozzarella Pasta Bake, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	2 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	3 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit	4 Lunch: No School
7 Lunch: (V, DF) Pancake Breakfast, Roasted Potatoes, fresh fruit, Strawberry Fruit Spread Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	8 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	9 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	10 Lunch: (V) Rolled Enchiladas Rojas, Ranch, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) DF Vegetarian Taco Salad, fresh fruit, and veggies	11 Lunch: No School
14 Lunch: (V) Bean and Cheese Burrito, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	15 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	16 Lunch: (V) Mac and Cheese, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, and veggies, Hardboiled Egg, fresh fruit, and veggies	17 Lunch: No School	18 Lunch: No School
21 Lunch: (DF) Orange Chicken, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	22 Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	23 Lunch: (V) Hearty Pot Pie, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	24 Lunch: (V) Traditional Pizza Bagel, Ranch, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit, and veggies	25 Lunch: No Lunch Service
28 Lunch: (DF) Meaty Moes, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF/DF Premium Protein Pack, fresh fruit, and veggies	29 Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, fresh fruit, and veggies	30 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	31 Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) GF/DF Perfect Picnic Pack, fresh fruit	

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.