



# Forest Grove Community School

## FEATURE OF THE MONTH

### E.Z. Orchards

E.Z. Orchards and farm market are located on the outskirts of Salem and in the heart of the Willamette Valley. The Zielinski family owns and operates the farm that was established in 1929. Fresh n' Local Foods has a wonderful partnership with E.Z. Orchards and they provide us with beautiful, delicious, locally grown apples and pears!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies		Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies		Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies	
Lunch: (GF/DF/V) Sunbutter & Jam Sandwich, fresh fruit, and veggies		Lunch: (GF/DF/V) Snack Pack, fresh fruit, and veggies		Lunch: (GF/DF/V) Taco Salad, fresh fruit, and veggies		Lunch: (GF/DF/V) Refried Bean Dip, fresh fruit, and veggies		Lunch: (GF/DF/V) Protien Pack, fresh fruit, and veggies	
<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
Lunch: Chicken Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies		Lunch: Burrito Bowl, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies		Lunch: (GF, DF) Curry Chicken and Quinoa, fresh fruit, and veggies		No School	
Lunch: (GF/DF/V) Sunbutter & Jam Sandwich, fresh fruit, and veggies		Lunch: (GF/DF/V) Snack Pack, fresh fruit, and veggies		Lunch: (GF/DF/V) Taco Salad, fresh fruit, and veggies		Lunch: (GF/DF/V) Cuan Black Bean Dip, fresh fruit, and veggies			
<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
Lunch: (V) Mac and Cheese, fresh fruit, and veggies		Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, and veggies		Lunch: Cheesy Quesadilla, fresh fruit, and veggies		Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies		No School	
Lunch: (GF/DF/V) Sunbutter & Jam Sandwich, fresh fruit, and veggies		Lunch: (GF/DF/V) Snack Pack, fresh fruit, and veggies		Lunch: (GF/DF/V) Taco Salad, fresh fruit, and veggies		Lunch: (GF/DF/V) Refried Bean Dip, fresh fruit, and veggies			
<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
Lunch: (DF) Meaty Spaghetti, Whole Wheat Roll, fresh fruit, and veggies		Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies		Lunch: (V, GF, DF) Vegan Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies		No School		No School	
Lunch: (GF/DF/V) Sunbutter & Jam Sandwich, fresh fruit, and veggies		Lunch: (GF/DF/V) Snack Pack, fresh fruit, and veggies		Lunch: (GF/DF/V) Taco Salad, fresh fruit, and veggies					
<b>31</b>									
Lunch: (V) Mozzarella Pasta Bake, Whole Wheat Roll, fresh fruit, and veggies									
Lunch: (GF/DF/V) Sunbutter & Jam Sandwich, fresh fruit, and veggies									

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.*