



Forest Grove Community School

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Lunch: (DF) Orange Chicken and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	3	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	4	Lunch: Waffle Lunch, Maple Syrup Cup, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	5	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	6	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies
9	Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	10	Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	11	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	12	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	13	No School
16	Lunch: (GF, DF) Meaty Chili, Frito Chip 2 oz Packs, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	17	Lunch: Corn Dog Bites, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	18	Lunch: (V) Cheesy Quesadilla (Bulk), fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	19	Lunch: Chicken Caesar Salad, Whole Wheat Roll, fresh fruit Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	20	No School
23	Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies	24	Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	25	Lunch: (V) Pasta Alfredo, WG Garlic Bread, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit	26	No School	27	No School
30	Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	31	Lunch: Burrito Bowl, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, 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.