

LUNCH

October 2024



Forest Grove Community School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Corn Dog Bites FNL Lunch Pack (CL) Fruit & Vegetable Milk</p>	30 <p><u>Bean & Cheese Burrito (V)</u> Chickpea Caesar Salad (V/GF/CL) Fruit & Vegetable Milk</p>	1 <p><u>Egg Fried Rice (V/DF/GF)</u> Sunbutter & Jelly sandwich (V/DF/GF/CL) Fruit & Vegetable Milk</p>	2 <p><u>Orange Chicken & Rice</u> FNL Lunch Pack (CL) Fruit & Vegetable Milk</p>	3 <p><u>Traditional Pizza Bagel (V)</u> Sunbutter & Jelly sandwich (V/DF/CL) Fruit & Vegetable Milk</p>
7 <p><u>Cheeseburger</u> FNL Veg Lunch Pack (V/DF/GF/CL) Fruit & Vegetable Milk</p>	8 <p><u>Cheesy Beans & Rice (V)</u> Beyond Taco Salad (V/DF/GF/CL) Fruit & Vegetable Milk</p>	9 <p><u>Chicken Salad sandwich (CL)</u> Sunbutter & Jelly sandwich (V/DF/CL) Fruit & Vegetable Milk</p>	10 <p><u>Hearty Mac & Cheese (V/DF/GF)</u> FNL Lunch Pack (CL) Fruit & Vegetable Milk</p>	11 <p><u>Traditional Pizza Bagel (V)</u> Sunbutter & Jelly sandwich (V/DF/GF/CL) Fruit & Vegetable Milk</p>
14 <p><u>Hearty Chili Pan (V/DF/GF)</u> FNL Lunch Pack (CL) Fruit & Vegetable Milk</p>	15 <p><u>Cheesy Quesadilla (V)</u> Sunbutter & Jelly sandwich (V/DF/CL) Fruit & Vegetable Milk</p>	16 <p><u>Breakfast for Lunch- French Toast (V)</u> Chickpea Caesar Salad (V/GF/CL) Fruit & Vegetable Milk</p>	17 <p><u>Taco Salad (CL)</u> FNL Lunch Pack (CL) Fruit & Vegetable Milk</p>	18 <p>Grading Day</p>
21 <p><u>Breaded Chicken Sandwich</u> FNL Lunch Pack (CL) Fruit & Vegetable Milk</p>	22 <p><u>Bean & Cheese Burrito (V)</u> Beyond Taco Salad (V/DF/GF/CL) Fruit & Vegetable Milk</p>	23 <p><u>Fish Sticks</u> Sunbutter & Jelly sandwich (V/DF/CL) Fruit & Vegetable Milk</p>	24 <p>Conferences</p>	25 <p>Conferences</p>
28 <p><u>Popcorn Chicken</u> FNL Lunch Pack (CL) Fruit & Vegetable Milk</p>	29 <p><u>Cheeseburger</u> Chickpea Caesar Salad Pan (V/GF/CL) Fruit & Vegetable Milk</p>	30 <p><u>Breakfast for Lunch- French Toast (V)</u> Sunbutter & Jelly sandwich (V/DF/CL) Fruit & Vegetable Milk</p>	31 <p><u>Hearty Spaghetti Pan (V/DF/GF)</u> FNL Lunch Pack (CL) Fruit & Vegetable Milk</p>	

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES, SUBJECT TO CHANGE BASED ON AVAILABILITY
 ALL MEALS ARE SERVED WITH A VARIETY OF MILK

V = vegetarian | DF = dairy free | GF = gluten free | CL = Cold Lunch

This institution is an equal opportunity provider.