



# Forest Grove Community School

## FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>3</b></p> <p>Lunch: (DF) Orange Chicken and Rice, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies, and veggies</p>		<p><b>4</b></p> <p>Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>		<p><b>5</b></p> <p>Lunch: Waffle Lunch, fresh fruit, Maple Syrup Cup, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit</p>		<p><b>6</b></p> <p>Lunch: Cheeseburger, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies</p>		<p><b>7</b></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><b>10</b></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, and veggies</p>		<p><b>11</b></p> <p>Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies, and veggies</p> <p>Alt. Lunch: (V, GF, DF) GF SunButter &amp; Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies</p>		<p><b>12</b></p> <p>Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies</p> <p>Alt. Lunch: (V, GF, DF) Cajun Red Beans &amp; Rice, fresh fruit, and veggies</p>		<p><b>13</b></p> <p>No Lunch Service</p>		<p><b>14</b></p>	
<p><b>17</b></p>		<p><b>18</b></p>		<p><b>19</b></p>		<p><b>20</b></p>		<p><b>21</b></p>	
<p><b>24</b></p>		<p><b>25</b></p>		<p><b>26</b></p>		<p><b>27</b></p>		<p><b>28</b></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.*