



Forest Grove Community School

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				Lunch: (V) Cheesy Quesadilla (Bulk), fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit		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		Lunch: (DF) Popcorn Chicken, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies	
	6	7		8		9		10	
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	Lunch: Burrito Bowl, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, and veggies	Lunch: Cheeseburger, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit		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		Lunch: (DF) Orange Chicken and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies			
	13	14		15		16		17	
Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies	Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	Lunch: (V) Cheesy Beans and Rice, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cuban Black Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies		No School			
	20	21		22		23		24	
Lunch: (GF, DF) Teriyaki Chicken with Rice, fresh fruit, fresh fruit Alt. Lunch: (V, GF, DF) Protein Pack, fresh fruit, fresh fruit	Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	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		Lunch: (DF) Turkey Hot Dog, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) Refried Bean Dip, Frito Chip 2 oz Packs, fresh fruit, and veggies		Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies			
	27	28		29		30		31	
No School	Lunch: (DF) Chicken Corn Dog Bites, fresh fruit, and veggies, and veggies Alt. Lunch: (V, GF, DF) GF SunButter & Jelly Sandwich, Hardboiled Egg, fresh fruit, and veggies	Lunch: Taco Salad, Frito Chip 2 oz Packs, fresh fruit Alt. Lunch: (V, GF, DF) Vegan Taco Salad, Frito Chip 2 oz Packs, fresh fruit		Lunch: Cheeseburger, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Cajun Red Beans & Rice, fresh fruit, and veggies		Lunch: (V) Cheesy Beans and Rice, 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.