## **Forest Lake Lunch Menu** December 2023

**Meal Price:** Paid: \$3.25

Adult Lunch Meal: \$5.09+tax

More Info...

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

Daily Fruit Offerings: Apple, Orange, Banana, 100% Apple Juice or 100% Fruit

Daily Vegetable Offerings: Baby Carrots & Celery Sticks

## **Available Daily:**

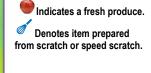
- Sunflower Seed Butter w/ Jelly Sandwich on WG Bread V
- Bagel Meal: Fresh NY-Style Bagel w/ 1 cheese stick and vogurt V
- Grilled Cheese Melt
- Chicken Nuggets\*

Please Note: (WG) denotes whole grain, (P) denotes item may contain pork, V denotes Vegetarian option, (\*) denotes item offered with WG dinner roll(s)

All deli sandwiches made with Boar's Head meats

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

- -Meat/Meat Alternate
- -Vegetable
- -Whole Grain Item
- -Fruit
- -Milk



Hamburger or

Cheeseburger on WG Bun

Egg Chef Salad\*

Apple Slices

**Tater Tots** 

Milk of the Day

\*Taco Bar will include beef taco meat with choice of soft tortilla shells or scoops, lettuce, cheese, sour cream & salsa

Maple or Blueberry Waffles

w/ Syrup & Chicken Sausage

Egg & Cheese on WG

Biscuit of

Clemetine

Cucumber Coins

Milk of the Day

Parent-Teacher Conference **Early Dismissal** No Lunch

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Cheese Pizza Pepperoni (P) Pizza Apple Slices Carrot Sticks Romaine Cup with Ranch Milk of the Day

Cheese Pizza 🍼

Pepperoni (P) Pizza

Apple Slices

Carrot Sticks Romaine Cup with Ranch

Milk of the Day

11

Teriyaki Chicken and Broccoli over Rice Egg Chef Salad\* Apple Slices Milk of the Day

12

WG Confetti Pancakes w/ Syrup & Chicken Sausage Egg & Cheese on WG Biscuit of Clementine **Cucumber Coins** 

Milk of the Day

13

Chicken Drumstick\* Grilled Cheese Melt of Apple Slices Sweet Potato Fries Milk of the Day

14

Mac & Cheese\* Blueberry Yogurt Parfait Grapes 🥯 Chickpea Salad Milk of the Day

Cheese Pizza Pepperoni (P) Pizza Apple Slices Carrot Sticks Romaine Cup with Ranch Milk of the Day

18

Hamburger or Cheeseburger on WG Bun Egg Chef Salad\* Apple Slices Tater Tots Milk of the Day

19

WG French Toast Sticks & Chicken Sausage Egg & Cheese on WG Biscuit Clementine **Cucumber Coins** Milk of the Day

20

WG Pizza Crunchers Grilled Cheese Melt Apple Slices Carrot Sticks Roasted Squash Milk of the Day

21

Taco Bar Thursday Strawberry Yogurt Parfait Grapes \* Black Beans Milk of the Day

22

Cheese Pizza Pepperoni (P) Pizza Apple Slices Carrot Sticks Romaine Cup with Ranch Milk of the Day

25

No School **Holiday Recess** 



26

No School **Holiday Recess** 



27

No School **Holiday Recess** 



28

No School **Holiday Recess** 



29

No School **Holiday Recess** 



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This institution is an equal opportunity provider.