

# 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 Punch

**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 yogurt **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

 Indicates a fresh produce.  
 Denotes item prepared from scratch or speed scratch.

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

**4**  
Hamburger or Cheeseburger on WG Bun  
Egg Chef Salad\*  
Apple Slices  
Tater Tots  
Milk of the Day

**5**  
Maple or Blueberry Waffles w/ Syrup & Chicken Sausage  
Egg & Cheese on WG  
Biscuit  
Clementine  
Cucumber Coins  
Milk of the Day

**6**  
**Parent-Teacher Conference  
Early Dismissal  
No Lunch**

**7**  
**Parent-Teacher Conference  
Early Dismissal  
No Lunch**

**8**  
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  
Clementine  
Cucumber Coins  
Milk of the Day

**13**  
Chicken Drumstick\*  
Grilled Cheese Melt  
Apple Slices  
Sweet Potato Fries  
Milk of the Day

**14**  
Mac & Cheese\*  
Blueberry Yogurt Parfait  
Grapes  
Chickpea Salad  
Milk of the Day

**15**  
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**

