

Forest Lake Lunch Menu September 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 **V**
- 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

**WELCOME BACK
TO SCHOOL**

 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, sour cream & salsa



**FREE LUNCH
WEEK!
SEPTEMBER
11th – 15th**

**1
No School
Summer Recess**

**4
No School
Summer Recess**

5
WG French Toast Sticks & Chicken Sausage
Egg & Cheese on WG Biscuit 
Cantaloupe Chunks 
Cucumber Coins
Milk of the Day

6
WG Pizza Crunchers
Grilled Cheese Melt 
Apple Slices 
Carrot Sticks
Roasted Squash
Milk of the Day

7
Mac & Cheese* 
WG Fish Sticks*
Grapes 
Chickpea Salad
Milk of the Day

8
Cheese Pizza 
Pepperoni (P) Pizza 
Watermelon Cup 
Carrot Sticks
Romaine Cup with Ranch
Milk of the Day

**11
FREE LUNCH**
WG Mini Chicken Corn Dogs
Chicken Parmesan
Flatbread 
Apple Slices 
Tater Tots
Milk of the Day

**12
FREE LUNCH**
WG Confetti Pancakes w/ Syrup & Chicken Sausage
Egg & Cheese on WG Biscuit 
Clementines 
Cucumber Coins
Milk of the Day



**13
FREE LUNCH**
WG Soft Pretzel w/ String Cheese & Yogurt
Grilled Cheese Melt 
Apple Slices 
Roasted Summer Squash
Milk of the Day



**14
FREE LUNCH**
Taco Bar Thursday
Chicken Cesar Salad* 
Pineapple Chunks 
Black Beans
Milk of the Day




**15
FREE LUNCH**
Cheese Pizza 
Pepperoni (P) Pizza 
Watermelon Cup 
Carrot Sticks
Romaine Cup with Ranch
Milk of the Day

18
Hamburger or Cheeseburger on WG Bun
Chicken Patty on WG Bun
Apple Slices 
Tater Tots
Milk of the Day

19
WG Mini Maple Waffles w/ Syrup & Chicken Sausage
Egg & Cheese on WG Biscuit 
Cantaloupe Chunks 
Cucumber Coins
Milk of the Day



20
WG Pizza Crunchers
Grilled Cheese Melt 
Apple Slices 
Carrot Sticks
Steamed Green Beans
Milk of the Day

21
Mac & Cheese* 
WG Fish Sticks*
Grapes 
Chickpea Salad
Milk of the Day




22
Cheese Pizza 
Pepperoni (P) Pizza 
Watermelon Cup 
Carrot Sticks
Romaine Cup with Ranch
Milk of the Day

**25
No School
Yom Kippur**

26
Pancake Bites w/ Syrup & Chicken Sausage
Egg & Cheese on WG Biscuit 
Cantaloupe Chunks 
Cucumber Coins
Milk of the Day

27
WG Soft Pretzel w/ String Cheese & Yogurt
Grilled Cheese Melt 
Apple Slices 
Roasted Summer Squash
Milk of the Day

28
Taco Bar Thursday
Chicken Cesar Salad* 
Pineapple Chunks 
Black Beans
Milk of the Day

29
Cheese Pizza 
Pepperoni (P) Pizza 
Watermelon Cup 
Carrot Sticks
Romaine Cup with Ranch
Milk of the Day

