

Forest Lake Lunch Menu November 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

**November 2nd is
Cookie Monsters
Birthday!**
**Buy Breakfast and
Lunch and receive a
FREE cookie!**

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

1
WG Soft Pretzel Rods w/
Cheese Sauce
Grilled Cheese Melt
Apple Slices
Sweet Potato Fries
Milk of the Day

2
Cookie Monster's Birthday!
Mac & Cheese*
Strawberry Yogurt Parfait
Orange Wedges
Chickpea Salad
Milk of the Day

3
Cheese Pizza
Pepperoni (P) Pizza
Watermelon Cup
Carrot Sticks
Romaine Cup with Ranch
Milk of the Day

6
Hamburger or
Cheeseburger on WG Bun
Chicken Patty on WG Bun
Apple Slices
Tater Tots
Milk of the Day

7
**No School
Election Day**


8
WG Pizza Crunchers
Grilled Cheese Melt
Grapes
Carrot Sticks
Roasted Squash
Milk of the Day

9
Cheese Pizza
Pepperoni (P) Pizza
Watermelon Cup
Carrot Sticks
Romaine Cup with Ranch
Milk of the Day

10
**No School
Veterans Day**


13
Chicken Tenders w/
Dipping Sauce
Mozzarella Sticks w/
Marinara Sauce
Apple Slices
Tater Tots
Milk of the Day

14
WG Confetti Pancakes w/
Syrup & Chicken Sausage
Egg & Cheese on WG
Biscuit
Orange Wedges
Cucumber Coins
Milk of the Day

15
WG Soft Pretzel Rods w/
Cheese Sauce
Grilled Cheese Melt
Apple Slices
Sweet Potato Fries
Milk of the Day


16
Taco Bar Thursday
Strawberry Yogurt Parfait
Grapes
Black Beans
Milk of the Day

17
Cheese Pizza
Pepperoni (P) Pizza
Watermelon Cup
Carrot Sticks
Romaine Cup with Ranch
Milk of the Day

20
Hamburger or
Cheeseburger on WG Bun
Chicken Patty on WG Bun
Apple Slices
Tater Tots
Milk of the Day

21
WG Mini Maple Waffles w/
Syrup & Chicken Sausage
Egg & Cheese on WG
Biscuit
Cantaloupe Chunks
Cucumber Coins
Milk of the Day

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

23
**No School
Thanksgiving
Recess**




24
**No School
Thanksgiving
Recess**


27
Chicken Tenders w/
Dipping Sauce
Mozzarella Sticks w/
Marinara Sauce
Apple Slices
Tater Tots
Milk of the Day

28
National French Toast Day
WG French Toast & Chicken
Sausage
Egg & Cheese on WG Biscuit
Cantaloupe Chunks
Cucumber Coins
Milk of the Day

29
WG Soft Pretzel Rods w/
Cheese Sauce
Grilled Cheese Melt
Apple Slices
Sweet Potato Fries
Milk of the Day

30
Taco Bar Thursday
Strawberry Yogurt Parfait
Grapes
Black Beans
Milk of the Day

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

