

Forest Lake Lunch Menu October 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

2



WG Chicken Tenders*
Chicken Meatball Parm
Sub 
Apple Slices 
Crinkle Fries
Milk of the Day

3



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

4




National Taco Day

Soft or Crunchy Chicken
Tacos w/ Lettuce, Sour
Cream & Salsa
Grilled Cheese Melt 
Apple Slices 
Black Beans
Milk of the Day

5

Soft WG Pretzel Rods w/
Cheese Sauce
Chicken Cesar Salad* 
Grapes 
Roasted Zucchini
Milk of the Day



6

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

9

No School Summer Recess

10

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




11

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


12

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



13

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

16

Hamburger or
Cheeseburger on WG
Bun
Chicken Patty on WG Bun
Apple Slices 
Crinkle Fries
Milk of the Day



17

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




18

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

19

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



20

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

23

WG Chicken Tenders*
Chicken Meatball Parm
Sub 
Apple Slices 
Crinkle Fries
Milk of the Day

24

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




25

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


26

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



27

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

30

Hamburger or
Cheeseburger on WG
Bun
Chicken Patty on WG Bun
Apple Slices 
Crinkle Fries
Milk of the Day



31

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

National Apple Month



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

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

