FORRESTON JR/SR HIGH

JANUARY 2019

		WEDNESDAY	THURSDAY	FRIDAY
		2 *No School*	3 *No School*	4 *No School*
7 Chicken Fajita Refried Beans Corn/Cheese Pineapple Soup/Sandwich	8 Chicken Nuggets Fries Carrots Peaches	9 Pizza Tossed Salad Peas Pears Shrimp Poppers	10 Pork Tenderloin w/bun Mac & Cheese Wedge Carrots Applesauce	11 Chicken/Gravy over Biscuit Tossed Salad Broccoli Pineapple Nachos/Taco in a Bag
14 Pizza Tossed Salad Carrots Pineapple Soup/Sandwich	15 Corn Dogs Fries Green Beans Applesauce	16 Beef Tacos Black Bean Salad Corn/Lettuce/Cheese Pears Swt/Sr Chicken	17 BREAKFAST Cinnamon Roll	18 BBQ Pulled Pork Chips Veggies/Dip Apple Slices Nachos/Taco in a Bag
21 "I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream." - Martin Luther King, Jr.	22 Hot Dog w/bun Mac & Cheese Baked Beans Apple Slices	23 Pizza Tossed Salad Peas Peaches Bacon Chicken Mac & Cheese	24 Potato Bowl Tossed Salad Mandarin Oranges	25 Beef and Noodles Tossed Salad Mandarin Oranges Nachos/Taco in a Bag
28 Beef Tacos Spanish Rice Corn/Lettuce/Cheese Applesauce Soup/Sandwich	29 Chicken Patty w/bun Mashed Potatoes w/gravy Peas Pears	30 Pizza Tossed Salad Carrots Peaches Chicken Sliders	31 Cheeseburger w/bun Fries Green Beans Mandarin Oranges	

Menu subject to change without notice

All Meals include Milk; Nonfat Chocolate, 1% White and Nonfat White

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