

FORRESTON JR/SR HIGH

JANUARY 2018



		WEDNESDAY	THURSDAY	FRIDAY
		3	4 Cheeseburger w/bun Fries Green Beans Mandarin Oranges	5 Chicken/Gravy over Biscuit Tossed Salad Broccoli Pineapple Nachos/Taco in a Bag
8 Pizza Tossed Salad Peas Pears Soup/Sandwich	9 Chicken Nuggets Fries Carrots Peaches	10 Chicken Fajita Refried Beans Corn/Lettuce/Cheese Pineapple Shrimp Poppers	11 Potato Bowl Tossed Salad Mandarin Oranges	12 BBQ Pulled Pork Chips Veggies/Dip Apple Slices Nachos/Taco in a Bag
15 "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.	16 Corn Dogs Fries Green Beans Applesauce Soup/Sandwich	17 Beef Tacos Black Bean Salad Corn/Lettuce/Cheese Pears Swt/Sr Chicken	18 BREAKFAST Cinnamon Roll	19 Meatloaf Mashed Potato w/Gravy Mixed Veggies Mandarin Oranges Nachos/Taco in a Bag
22 Cheesy Fries Beef Taco Meat Corn/Lettuce/Cheese Pears Soup/Sandwich	23 Hot Dog w/bun Mac & Cheese Baked Beans Apple Slices	24 Pizza Tossed Salad Peas Peaches	25 Pork Tenderloin w/bun Mac & Cheese Wedge Carrots Applesauce	26 Beef and Noodles Tossed Salad Mandarin Oranges Nachos/Taco in a Bag
29 Pizza Tossed Salad Carrots Peaches Soup/Sandwich	30 Chicken Patty w/bun Mashed Potatoes w/gravy Peas Pears	31 Beef Tacos Spanish Rice Corn/Lettuce/Cheese Applesauce Chicken Sliders		

Menu subject to change without notice

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

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