

# FORRESTON JR/SR HIGH

OCTOBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pizza Tossed Salad Veggie Fruit	3 Chicken Bowl Mashed Potatos Corn Fruit	4 BREAKFAST	5 BREAKFAST	6 
9  <b>No School Columbus Day</b>	10 Pork Tenderloin Sandwich Mac & Cheese Wedges Veggie Fruit	11 Cheeseburger Fries Veggie Fruit	12 Chicken Enchiladas Mexican Rice Veggie Fruit	13 Beef & Cheddar Sandwich Curly Fries Veggie Fruit
16 Pizza Tossed Salad Veggie Fruit	17 Fettuccini Alfredo w/Chicken & G. Bread Veggie Fruit	18 Sloppy Joes Chips Baked Beans Fruit	19 Tator Tot Casserole Green Beans Fruit	20 Corn Dog Tator Tots Veggie Fruit
23 Pizza Tossed Salad Veggie Fruit	24 Pulled Pork Sandwich Coleslaw Veggie Applesauce	25 Spaghetti w/Meat Sauce Garlic Toast Veggie Fruit	26 Chicken Tenders Fries Veggie Fruit	27 Meatloaf Mashed Potatos Veggie Fruit
30 Pizza Tossed Salad Veggie/Fruit	31  <b>HAPPY HALLOWEEN</b> Halloween Dogs Witches Fingers (FF) Haunted Fruit			

Menu subject to change without notice

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

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