

# FORRESTON JR/SR HIGH

**SEPTEMBER 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Hot Dog w/Bun Mac & Cheese Veggie Fruit
2 <i>No School</i> <b>LABOR DAY</b>	5 Chicken Fajitas Spanish Rice Corn/Cheese Fruit	6 BREAKFAST	7 Fish Sandwich Fries Veggie Fruit	8 Mac & Cheese w/ Bacon & Chicken Veggie Fruit
11 Pizza Tossed Salad Veggie Fruit	12 Pork Tenderloin w/bun Mac Wedges Veggie Fruit	13 Beef Taco Lettuce/Cheese Black Bean Salad Fruit	14 Chicken Nuggets Fries Veggie Fruit	15 Beef & Noodles Mash Potatoes Veggies Fruit
18 Pizza Tossed Salad Veggie Fruit	19 Cheeseburger w/bun Onion Rings Veggie Fruit	20 Corn Dog Sidewinders Veggie Fruit	21 Crispy Chicken Tacos Lettuce/Cheese Corn Fruit	22 Cheesy Chicken & Rice Tossed Salad Veggies Fruit
25 Pizza Tossed Salad Veggie Fruit	26 Chicken Patty w/bun Fries Veggie Fruit	27 Rib Sandwich w/Bun Fries Veggie Fruit	28 Meatball Sub Chips Veggie Fruit	29 Tortellini w/Alfredo Garlic Bread Veggie Fruit

*All Meals Include Milk; Nonfat Chocolate or 1% White*

**Menu Subject to Change Without Notice-----USDA is an equal opportunity Employer**