

# AUGUST 2018

## Forest High School Lunch Menu

VARIETY OF MILK, CHEF SALADS & COMDIMENTS ARE OFFERED DAILY

WELCOME BACK!!!!!!!!!!!!

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**6**

**7**  
Buffalo Hot Wings  
Hot Dog  
Mashed Potatoes  
Steamed Broccoli Florets  
Pinto Beans  
Chilled Peach Slices  
Fresh Apples  
Rolls, Cookies

**1**

**8**  
Steak Fingers  
Ham & Cheese on Hoagie  
Corn on the Cob  
Seasoned Lima Beans  
Yam Patties  
Fresh Pears  
Chilled Diced Pears  
Rolls, Brownies

**2**

**9**  
Spaghetti & Meat Sauce  
Grilled Chicken Sandwich  
Southern Green Beans  
Black-Eyed Peas  
California Veggies  
Garlic Toast  
Fresh Oranges  
Hot Cinnamon Apples

**3**

**10**  
Bacon Cheese Burger  
Spicy Chicken Sandwich  
Seasoned Potato Wedges  
Baked Beans  
Garden Salad  
W/Dressing  
Pineapple Tidbits  
Fruited Gelatin & Pudding

**13**

**13**  
Cheesy Chicken Fiesta over Rice  
BBQ Pork Sandwich  
Green Peas  
Glazed Carrots  
Fresh Pears  
Mandarin Fruit Cup  
Rolls & Pudding

**14**

**14**  
John Wayne Casserole  
Grilled Chicken Sandwich  
Steamed Broccoli Florets  
Potato Salad  
Garden Salad  
W/Dressing  
Fresh Pears  
Hot Cinnamon Apples

**15**

**15**  
Red Beans and Rice with Sausage  
Deli Turkey on Hoagie  
Southern Green Beans  
Pinto Beans  
Raw Veggie w/dip  
Pineapple Tidbits, Pudding  
Fresh Oranges, Cornbread

**16**

**16**  
Philly Cheese Steak Sandwich  
Hot Dog  
Seasoned Potato Wedges  
Creamy Coleslaw  
California Veggies  
Fresh Melons  
Rosy Applesauce, Cookies

**17**

**17**  
Sausage Pizza  
Beef & Bean Burrito  
Whole Kernel Corn  
Black Bean Salad  
Baked Beans  
Fresh Fruit Bowl  
Chilled Peach Slices  
Banana Pudding

**20**

**20**  
Chicken with Alfredo Sauce  
Corn Dog  
Southern Green Beans  
Green Peas  
Garden Salad, Rolls  
Cinnamon Rolls, Grapes  
Pineapple Tidbits

**21**

**21**  
Salisbury Steak W/Gravy  
Fish Melt  
Southern Turnip Greens  
Mashed Potatoes with Garden Salad  
Cornbread  
Fresh Oranges  
Fruit Cups

**22**

**22**  
Fried Catfish  
Grilled Chicken Sandwich  
Mixed Vegetables  
Creamy Coleslaw  
Tater Tots  
Fresh Pears  
Hot Cinnamon Apples  
Chocolate Pudding

**23**

**23**  
Chicken Nuggets  
Meatballs on Hoagie Bun  
Baked Potatoes  
Glazed Carrots  
Garden Salad  
Fresh Bananas  
Chilled Peach Slices  
Chocolate Chip Cookies

**24**

**24**  
Beefy Nachos Grande  
Turkey & Cheese Hoagie  
Whole Kernel Corn  
Baked Beans  
Garden Salad  
Fresh Fruit Bowl  
Mandarin Fruit Cup  
Yellow Cake w/frosting

**27**

**27**  
Salisbury Steak W/Gravy  
Hot Dogs  
Turnips  
Mashed Potatoes with Garden Salad  
Cornbread  
Fresh Oranges  
Pineapple Tidbits

**28**

**28**  
Beef-A-Roni  
Grilled Chicken Sandwich  
Black-Eyed Peas  
Potato Salad  
Tossed Salad w/ Dressing  
Chilled Peach Slices  
Fresh Plums  
Garlic Bread Toast

**29**

**29**  
Cheesy Chicken Over/Rice  
BBQ Pork Sandwich  
Seasoned Lima Beans  
Yam Patties  
Steamed Broccoli Florets  
Fresh Pears  
Mandarin Fruit Cup  
Yeast Rolls

**30**

**30**  
Philly Cheese Steak Sandwich  
Spicy Chicken Sandwich  
Corn on the Cob  
Baked Beans  
Garden Salad  
Pineapple Tidbits  
Fruited Gelatin, Cookies

**31**

**31**  
Bacon Cheese Burger  
Fish Melt  
Seasoned Potato Wedges  
Creamy Coleslaw  
California Veggies  
Fresh Fruit Bowl  
Dice Pears  
Banana Pudding

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