

FEBRUARY 2019

FOREST HIGH SCHOOL MENU

VARIETY OF MILK, CHEF SALADS & CONDIMENTS ARE OFFERED DAILY₁

Monday

Tuesday

Wednesday

Thursday

Friday



4
Chicken Spaghetti
BBQ Pork Sandwich
Seasoned Lima Beans
Yam Patties
Fresh Pears
Mandarin Fruit Cup
Rolls
Chocolate Pudding

5
Sliced Turkey with Gravy
Fish Nuggets
Steamed Broccoli Florets
Mashed Potatoes
Glazed Carrots
Fresh Pears
Hot Cinnamon Apple

6
Barbecue Chicken
Ham and Cheese Sandwich
Southern Green Beans
Macaroni and Cheese
Pinto Beans
Cornbread, Vanilla Pudding
Fresh Oranges
Pineapple Tidbits

7
Philly Cheese Steak
Sandwich, Hot Dog
Seasoned Potato Wedges
Creamy Coleslaw
California Veggies
Fresh Apples
Rosy Applesauce
Banana Pudding

1
Pepperoni Pizza
Beef & Bean Burrito
Whole Kernel Corn
Black Bean Salad
Baked Beans
Fresh Bananas
Chilled Peach Slices
Chocolate Chip Cookies

8
Beefy Nachos Grande
Beef & Bean Burrito
Whole Kernel Corn
Tossed Salad w/ Dressing
Baked Beans
Fresh Bananas
Chilled Peach Slices
Chocolate Chip Cookies

11
Salisbury Steak W/Gravy
Hot Dog
Southern Turnip Greens
Mashed Potatoes
Cinnamon Rolls
Garden Salad
Fresh Oranges
Pineapple Tidbits

12
Beef-A-Roni
Chicken Fajita Wrap
Black-Eyed Peas
Potato Salad
Tossed Salad w/ Dressing
Chilled Peach Slices
Fresh Apples
Garlic Toast

13
Cheesy Chicken Over/Rice
BBQ Pork Sandwich
Seasoned Lima Beans
Yam Patties
Steamed Broccoli Florets
Fresh Pears
Mandarin Fruit Cup
Rolls

14
Philly Cheese Steak
Sandwich
Grilled Chicken Sandwich
Corn on the Cob
Baked Beans
Garden Salad w/Salad Dressing
Pineapple Tidbits
Fruited Gelatin

15
Bacon Cheese Burger
Fish Melt
Seasoned Potato Wedges
Creamy Coleslaw
California Veggies
Fresh Fruit Bowl
Rosy Applesauce
Banana Pudding



18
Chicken Spaghetti
BBQ Pork Sandwich
Seasoned Lima Beans
Yam Patties
Fresh Pears
Mandarin Fruit Cup
Chocolate Chip Cookies
Rolls

19
Cheesy Breadsticks/Chili
Grilled Chicken Sandwich
Steamed Broccoli Florets
Potato Salad
Tossed Salad w/ Dressing
Chilled Peach Slices
Fresh Bananas

20
Chicken Fajita Wrap
Hot Dog
Seasoned Potato Wedges
Creamy Coleslaw
California Veggies
Fresh Apples
Sliced Strawberries
Banana Pudding

21
Red Beans and Rice
with Sausage
Turkey and Cheese Wrap
Southern Green Beans
Garden Salad
W/Dressing
Pinto Beans, Cornbread
Vanilla Pudding

22
Beefy Nachos Grande
Beef & Bean Burrito
Whole Kernel Corn
Tossed Salad w/ Dressing
Baked Beans
Fresh Fruit Bowl
Chilled Peach Slices
Chocolate Chip Cookies

25
Salisbury Steak W/Gravy
Ham and Turkey
on Bun
Black-Eyed Peas
Mashed Potatoes
Garden Salad w/Dressing
Fresh Oranges
Pineapple Tidbits

26
Cheesy Breadsticks/Chili
Grilled Chicken Sandwich
Steamed Broccoli Florets
Potato Salad
Tossed Salad w/ Dressing
Chilled Peach Slices
Fresh Oranges
Chocolate Pudding

27
Cheesy Chicken Over/Rice
BBQ Pork Sandwich
Seasoned Lima Beans
Yam Patties
Southern Green Beans
Fresh Pears
Mandarin Fruit Cup
Rolls

28
Tacos Ole with Chips
Spicy Chicken Sandwich
Corn on the Cob
Baked Beans
Garden Salad w/Dressing
Sugar Cookies
Pineapple Tidbits
Fruited Gelatin

