

JANUARY 2019

FOREST HIGH SCHOOL LUNCH MENU

VARIETY OF MILK, CHEF SALADS & CONDIMENTS ARE OFFERED DAILY

Monday

Tuesday

Wednesday

Thursday

Friday

**HAPPY
NEW YEAR**



7
Steak Fingers
Fish Melt
Southern Collard Greens
Macaroni and Cheese
Raw Veggies with Dip
Fresh Apples
Pineapple Tidbits
Cornbread, Rice Krispy Bars



14
Steak Fingers
Hot Dog
Steamed Broccoli Florets
Mashed Potatoes with Cheese
Garden Salad, Cinnamon Rolls
Fresh Oranges
Pineapple Tidbits

8
Salisbury Steak W/Gravy
Hot Dog
Southern Turnip Greens
Mashed Potatoes with Cheese, Garden Salad
Oranges, Pineapples
Cinnamon Rolls
Cornbread

15
Red Beans and Rice with Sausage
Turkey and Cheese Wrap
Southern Green Beans
Garden Salad
Pinto Beans, Vanilla Pudding
Cornbread, Tropical Fruit
Fresh Oranges

22
Salisbury Steak W/Gravy
Turkey & Cheese Hoagie
Mashed Potatoes
Steamed Broccoli Florets
Pinto Beans
Chilled Peach Slices
Fresh Apples
Rolls, Cookies

29
Beef-A-Roni
Grilled Chicken Sandwich
Black-Eyed Peas
Potato Salad
Tossed Salad w/ Dressing
Chilled Peach Slices
Apples
Garlic Toast

9
Cheesy Breadsticks/Chili
Grilled Chicken Sandwich
Black-Eyed Peas
Potato Salad
Tossed Salad w/ Dressing
Chilled Peach Slices
Apples

16
John Wayne Casserole
Grilled Chicken Sandwich
Steamed Broccoli Florets
Potato Salad
Garden Salad
Banana Pudding
Fresh Pears
Hot Cinnamon Apples

23
Barbecue Chicken
Hot Dog
Corn on the Cob
Seasoned Lima Beans
Yam Patties
Fresh Pears
Sliced Strawberries
Rolls,

30
Cheesy Chicken Over/Rice
BBQ Pork Sandwich
Seasoned Lima Beans
Yam Patties, Rolls
Southern Green Beans
Fresh Pears
Mandarin Fruit Cup
Chocolate Pudding

2
3
4
10
Cheesy Chicken Over/Rice
BBQ Pork Sandwich
Seasoned Lima Beans
Yam Patties
Steamed Broccoli Florets
Fresh Pears
Mandarin Fruit Cup
Rolls, Chocolate Pudding

17
Mandarin Chicken
Stir Fried Rice
BBQ Pork Sandwich
Black-Eyed Peas
Garden Salad
Garden Bread Toast
California Veggies
Chilled Peach Slices

24
Spaghetti & Meat Sauce
Grilled Chicken Sandwich
Southern Green Beans
Black-Eyed Peas
California Veggies
Whole Wheat Garlic Toast
Fresh Oranges
Hot Cinnamon Apples

31
Philly Cheese Steak Sandwich
Spicy Chicken Sandwich
Oven Baked Potato Wedges
Baked Beans
Garden Salad
Pineapple Tidbits
Fruited Gelatin, Cookies

11
Bacon Cheese Burger
Fish Nuggets
Seasoned Potato Wedges
Creamy Coleslaw
California Veggies
Fresh Fruit Bowl
Rosy Applesauce
Rolls, Banana Pudding

18
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
Bacon Cheese Burger
Spicy Chicken Sandwich
Seasoned Potato Wedges
Baked Beans
Garden Salad
Chocolate Pudding
Pineapple Tidbits
Fruited Gelatin

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