

JANUARY 2023

Forest Park Jr/Sr High School

Daily Alternate Lunch Choices

Jan. 5 - Jan. 13: Salad Bar, Hamburger, or Uncrustable Meal
 Jan 17 - 27: Salad Bar, Ham & Cheese Wrap, or Uncrustable Meal
 Jan. 30 - Feb. 10: Salad Bar, Cheese Pizza, or Uncrustable Meal

Monday

Tuesday

Wednesday

Thursday

Friday

2
NO SCHOOL

3
NO SCHOOL

4
NO SCHOOL

5
Chicken Queso Bowl
Mexican Street Corn
Red Peppers
Applesauce Cup
Milk

6
Italian Cheesy Pull-apart
w/marinara sauce
Parmesan Roasted Broccoli
Cucumbers
Grapes
Milk

9
Biscuits & Gravy
w/sausage patty
Hash Brown Rounds
Orange Wedges
Side Kick
Milk

10
Buffalo Chicken or
BBQ Pork Totchos w/Biscuit
Peas
Red Peppers w/dip
Apple Slices
Milk

11
Chili or Chicken Tortilla Soup
w/pb sandwich or cornbread
Spinach Salad
Peaches (c)
Milk

12
Cheeseburger or Hamburger
w/lettuce & pickle
Fries
Grape Tomatoes
Fresh Fruit Cup
Milk

13
Pizza Wedge
Buffalo Cauliflower
Baby Carrots w/dip
Pear Crisp
Milk

16
NO SCHOOL

Teacher Professional Development Day

17
Breaded Chicken Drumstick
w/Roll & DB's Noodles
Green Beans
Baby Carrots w/dip
Apricot Cup (f)
Milk

18
Pork Tenderloin Sandwich
Baked Beans
French Fries
Fruit Medley (c)
Milk

19
Chicken Parmesan w/spaghetti
Bread Stick
Roasted Garlic Broccoli
Tossed Salad
Banana
Milk

20
Pizza Crunchers w/marinara
Parmesan Roasted Cauliflower
Red Peppers
Peaches (c)
Milk

23
Cheese Quesadilla Pizza
w/salsa
Black Bean Cheese Dip
w/tortilla chips
Cinnamon Apples
Milk

24
Ham & Cheese Pocket
Corn
Roasted Potatoes
Strawberry Slices
Milk

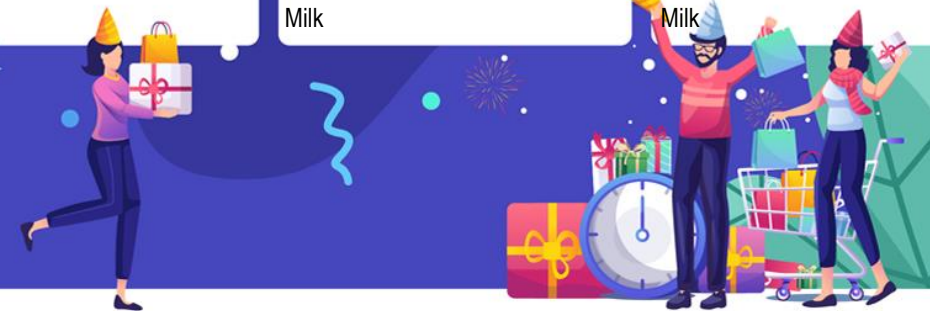
25
Chicken on the Beach
Roasted Vegetable Medley
Red & Yellow Peppers
Pineapple Tidbits
Milk

26
Grilled Cheese
Tomato Soup
Spinach Salad
Mixed Vegetables
Pears
Milk

27
Buffalo Chicken Pizza or
Cheese Pizza
Baby Carrots w/ranch dip
Green Beans
Mixed Berry Cup (f)
Milk

30
Chicken Alfredo
w/Bread Stick
Garlic Parmesan Broccoli
Strawberry Cup (f)
Milk

31
French Bread Pizza
Corn
Cucumbers w/dip
Mandarin Oranges
Milk



DUE TO SUPPLY CHANGE SHORTAGES, MENUS ARE SUBJECT TO CHANGE WITH LITTLE TO NO NOTICE.