

- 2023 -

FEBRUARY

Forest Park Jr/Sr High School

DAILY ALTERNATE LUNCH CHOICES

Feb. 1 - Feb. 10
Salad Bar
Cheese Pizza
Uncrustable Meal

Feb. 13 - 24
Salad Bar
Ham & Cheese Pocket
Uncrustable Meal

Feb. 27 - Mar. 10
Salad Bar
Hamburger
Uncrustable Meal

MONDAY

6 Buffalo Chicken Flatbread
Baby Carrots w/dip
Green Beans
Strawberry Slices (f)

13 Chicken & Cheese Quesadilla w/salsa
Southwest Cheese Dip & Tortilla Chips
Refried Beans
Applesauce Cup

20 NO SCHOOL

SNOW MAKE-UP DAY

27 Spaghetti & Meatballs w/bread stick or Meatball Hoagie
Roasted Garlic & Parmesan Broccoli
Spinach Salad
Apple Slices

TUESDAY

7 Italian Cheesy Pull-apart w/marinara sauce
Parmesan Roasted Cauliflower
Peach Cup (f)

14 Pork Tenderloin Sandwich w/lettuce
Baked Beans
Potato Wedges
Banana

21 Country Fried Steak w/gravy & Dinner Roll
Mashed Potatoes
Green Beans
Applesauce (c)

28 Sausage, Egg, & Cheese Biscuit
Roasted Potatoes
Juice
Mandarin Oranges

WEDNESDAY

1 Beef Soft Taco w/salsa
lettuce & sour cream
Refried Beans
Applesauce Cup
Cinnamon Scone

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

15 Chicken & Dumplings w/biscuit
Corn
Tossed Salad
Cinnamon Apples

22 Cheese Pizza
Ranch Roasted Broccoli
Red Peppers
Fruit Medley (c)

THURSDAY

2 Reg or Hot & Spicy Chicken Sandwich w/lettuce
Baked Chips
Baby Carrot & Celery w/dip
Pears (c)

9 Ranger Burger w/lettuce & pickle
Fries
Grape Tomatoes
Pineapple Tidbits (c)

16 French Bread Pizza
Parmesan Roasted Broccoli
Cucumbers
Pears

23 Sweet & Sour Chicken Bites
Fried Rice
Vegetable Medley
Peaches (c)
Fortune Cookie

FRIDAY

3 Bosco Stick w/marinara
Roasted Garlic Parmesan Cauliflower
Tossed Salad
Fruit Medley (c)

10 Cheese Pizza Wedge
Cheesy Broccoli
Red Peppers
Grapes

17 NO SCHOOL

TEACHER P.D. DAY

24 Pizza Crunchers w/marinara
Garlic Parmesan Roasted Cauliflower
Cucumbers
Fruit Salad