SEPTEMBER 2026

Mon	Tue	Wed	Thu	Fri
	1 **BREAKFAST:** Breakfast Pizza **LUNCH:** Lasagna Rollups w/Marinara **VEG:** Cucumber Slices, Roasted Italian Blend Veggies **FRUIT:** Sliced Peaches **GRAIN:** Garlic Bread Stick	**2** **BREAKFAST:** Sausage & Egg Biscuit **LUNCH:** Ranger Stromboli Hoagie **VEG:** Caesar Salad, Seasoned Black Beans **FRUIT:** Fresh Apple Slices	**3** **BREAKFAST:** Muffin Variety **LUNCH:** Biscuit & Gravy **MISC:** Pork Sausage Patty **VEG:** Hash Brown Rounds, Grape Tomatoes **FRUIT:** Watermelon Chunks	**4** **BREAKFAST:** Uncrustable Variety **LUNCH:** Pizza Crunchers **VEG:** Marinara Sauce, Peas, Baby Carrots **FRUIT:** Fruit Salad
7 LABOR DAY	**8** **BREAKFAST:** Seasonal Fruit & Yogurt Parfait **LUNCH:** Regular Chicken Sandwich Hot & Spicy Chicken Sandwich **VEG:** Tossed Salad, Grape Tomatoes, Baked Beans **FRUIT:** Mandarin Oranges	**9** **BREAKFAST:** Mini Donut Variety **LUNCH:** Salisbury Steak w/Gravy **VEG:** Mashed Potatoes, Corn **FRUIT:** Diced Peaches Cup **GRAIN:** Biscuit	**10** **BREAKFAST:** Mini Cinnis **LUNCH:** Spaghetti w/Meat Sauce **VEG:** Oven Roasted Parmesan Broccoli, Baby Carrots **FRUIT:** Cantaloupe Chunks **GRAIN:** Garlic Bread Stick	**11** **BREAKFAST:** Egg & Cheese Breakfast Burrito **LUNCH:** Cheese or Sausage Pizza **VEG:** Oven Roasted Cauliflower, Cucumber Slices **FRUIT:** Mixed Fruit
14 **BREAKFAST:** Breakfast Pizza **LUNCH:** Creamy Cheeseburger Penne **VEG:** Tossed Salad, Normandy Blend Vegetables **FRUIT:** Sliced Peaches **GRAIN:** Dinner Roll	**15** **BREAKFAST:** Mini Pancake Sausage Wraps **LUNCH:** Tangerine Chicken **VEG:** Red Bell Pepper Strips, Cucumber Slices **FRUIT:** Fresh Apple Slices **GRAIN:** Vegetable Fried Rice, Fortune Cookie	**16** TEACHER PD DAY	**17** **BREAKFAST:** Sausage & Egg Biscuit **LUNCH:** Breaded Pork Tenderloin Sandwich **VEG:** French Fries, Red Bell Pepper Strips, Dill Pickle Chips, Romaine Lettuce **FRUIT:** Fresh Strawberries	**18** **BREAKFAST:** Uncrustable Variety **LUNCH:** Southwest Queso Cheesy Pull-Aparts **VEG:** Refried Beans, Celery Sticks **FRUIT:** Diced Pears **GRAIN:** Sun Chips
21 **BREAKFAST:** Breakfast Egg Roll **LUNCH:** Chicken Tenders Hot & Spicy Chicken Tenders **VEG:** Baby Bakers, Grape Tomatoes **FRUIT:** Tropical Fruit Salad **GRAIN:** Dinner Roll	**22** **BREAKFAST:** Muffin Variety **LUNCH:** Country Fried Steak w/Gravy **VEG:** Mashed Potatoes, Green Beans **FRUIT:** Fresh Grapes **GRAIN:** Dinner Roll	**23** **BREAKFAST:** Breakfast Bowl **LUNCH:** Chicken on the Beach **VEG:** Seasoned Black Beans, Salsa **FRUIT:** Sliced Pears **GRAIN:** Tortilla Chips	**24** **BREAKFAST:** Seasonal Fruit & Yogurt Parfait **LUNCH:** Mini Corn Dogs **VEG:** Tater Tots, Roasted Squash & Zucchini **FRUIT:** Watermelon Chunks	**25** **BREAKFAST:** Mini Donut Variety **LUNCH:** Pepperoni Calzone **VEG:** Oven Roasted Cauliflower, Baby Carrots **FRUIT:** Fresh Banana
28 **BREAKFAST:** Sausage & Egg Biscuit **LUNCH:** BBQ Chicken Waffle Fries **VEG:** Oven Roasted Ranch Seasoned Broccoli, Red Bell Pepper Strips **FRUIT:** Applesauce **GRAIN:** Biscuit	**29** **BREAKFAST:** Mini Cinnis **LUNCH:** Chicken & Dumplings **VEG:** Caesar Salad, Corn **FRUIT:** Fresh Orange Wedges **GRAIN:** Dinner Roll	**30** **BREAKFAST:** Biscuit w/Jelly **LUNCH:** Beef Walking Taco **VEG:** Salsa, Romaine Lettuce, Black Bean & Corn Salad **FRUIT:** Pineapple Tidbits		

FOREST PARK JR/SR HIGH SCHOOL

MEAL OPTIONS & PRICES

BREAKFAST
Offered Daily

Featured entrée with fruit or juice and milk.

LUNCH
Offered Daily

SEPT. 1 – SEPT. 18

Lunch Options:
Salad Bar, Uncrustable Meal, or Cheesy Chicken Burrito

SEPT. 21 – SEPT. 30

Lunch Options:
Salad Bar, Uncrustable Meal, or Cheese Pizza

UNCRUSTABLE MEAL INCLUDES:
Uncrustable, cheese stick or yogurt, Goldfish, daily fruit & vegetable.

A variety of milk is offered with every meal.

MEAL PRICES

Breakfast	$2.05
Reduced	$0.30
Lunch	$3.00
Reduced Lunch	$0.40
Extra Milk	$0.65

This institution is an equal opportunity provider.