

FOREST PARK JR/SR HIGH SCHOOL

OCTOBER 2026

Mon	Tue	Wed	Thu	Fri
			1 BREAKFAST: Breakfast Pizza LUNCH: Regular Chicken Tenders Hot & Spicy Chicken Tenders VEG: Baby Bakers, Celery Sticks FRUIT: Raisels GRAIN: Dinner Roll	2 BREAKFAST: Mini Donut Variety LUNCH: French Bread Pepperoni or Cheese Pizza VEG: Green Beans, Baby Carrots FRUIT: Diced Peaches Cup MISC: Ranch Dip
5 BREAKFAST: French Toast Sticks LUNCH: Chicken Fajita Wrap VEG: Roasted Fiesta Corn & Black Beans, Salsa FRUIT: Cantaloupe Chunks GRAIN: Tortilla Chips MISC: Sour Cream	6 BREAKFAST: Sausage & Egg Biscuit LUNCH: Breaded Pork Tenderloin Sandwich VEG: Tomato, Lettuce, Pickles, Crinkle Cut French Fries, Baby Carrots FRUIT: Pineapple Tidbits MISC: Ranch Dip	7 BREAKFAST: Breakfast Egg Roll LUNCH: Chicken Penne Pasta Alfredo VEG: Oven Roasted Parmesan Broccoli, Grape Tomatoes FRUIT: Fresh Apple Slices GRAIN: Breadstick	8 BREAKFAST: Dunkin Stik LUNCH: Ranger Chili VEG: Celery Sticks, Cucumber Slices FRUIT: Fresh Strawberries GRAIN: Peanut Butter Sandwich, Cornbread, Saltine Crackers MISC: Ranch Dip	9 BREAKFAST: Breakfast Bowl LUNCH: Italian Cheesy Pull-Aparts Southwest Queso Cheesy Pull-Aparts VEG: Caesar Salad, Corn FRUIT: Honeydew Melon
12 BREAKFAST: Breakfast Pizza LUNCH: Fischer Farms Hamburger Fischer Farms Cheeseburger VEG: Tomato, Lettuce, Pickles, Crinkle Cut French Fries, Baked Beans FRUIT: Apple Crisps	13 BREAKFAST: Muffin Variety LUNCH: Lasagna Rollups w/marinara VEG: Roasted California Blend Veggies, Cucumber Slices FRUIT: Mixed Fruit GRAIN: Breadstick	14 BREAKFAST: Uncrustable Variety LUNCH: Meatloaf VEG: Mashed Potatoes, Corn FRUIT: Fresh Orange Wedges GRAIN: Biscuit	15 BREAKFAST: Mini Pancake Sausage Wraps LUNCH: Grilled Cheese Sandwich VEG: Tomato Bisque Soup, Tossed Salad, Celery FRUIT: Fresh Apple Slices MISC: Ranch Dip	16 BREAKFAST: Seasonal Fruit & Yogurt Parfait LUNCH: Pizza Crunchers VEG: Marinara Sauce, Green Beans, Baby Carrots FRUIT: Blueberry Cobbler MISC: Ranch Dip
19	20 ➤ Enjoy Fall Break! ➤ 21			23
26 BREAKFAST: Buttermilk Pancakes LUNCH: Tangerine Chicken VEG: Cucumber Slices FRUIT: Diced Pears GRAIN: Vegetable Fried Rice, Fortune Cookie	27 BREAKFAST: Breakfast Bowl LUNCH: Regular Chicken Sandwich Hot & Spicy Chicken Sandwich VEG: Crinkle Cut French Fries, Baked Beans FRUIT: Diced Peaches MISC: Ranch Dip	28 BREAKFAST: Biscuit w/Jelly LUNCH: Biscuit & Gravy Sausage Patty VEG: Hash Brown Rounds, Grape Tomatoes FRUIT: Fresh Apple Slices	29 BREAKFAST: Breakfast Egg Roll LUNCH: Chicken & Dumplings VEG: Corn, Tossed Salad FRUIT: Craisins GRAIN: Dinner Roll	30 BREAKFAST: Mini Cinnis LUNCH: Pepperoni Calzone VEG: Green Beans, Baby Carrots FRUIT: Fresh Banana MISC: Ranch Dip

MEAL OPTIONS & PRICES



BREAKFAST Offered Daily
Featured entrée with fruit or juice and milk.



LUNCH Offered Daily

OCT. 1 - OCT. 9

Lunch Options:

Salad Bar, Uncrustable Meal,
or **Ham & Cheese Pocket**

OCT. 12 - OCT. 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.

TRICK or TREAT