

Check out sad12.org for the School Calendar, Athletic Schedules, Forms & More!



SEPTEMBER 2024

Forest Hills Consolidated School

What's Happening in October:

10/1 - Picture Day, Tuesday

10/9-10/10 - Parent Teacher Conferences

Conference Days are Full Student Days – No Early Release

10/11 - Teacher Workshop Day – **No School**

10/14 – Indigenous Peoples' Day – **No School**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School 2</p> <p>Labor Day</p>	<p> Cereal 3</p> <p>Mac & Cheese Hot Dog, Roll Broccoli</p>	<p>Bagel 4</p> <p>Fish Sticks Sweet Potato Fries Salad</p>	<p>Muffins 5</p> <p>Chicken & Gravy over Biscuits Peas</p>	<p>Cereal 6</p> <p>Ham & Cheese Wrap Crackers & Hummus Baby Carrots</p>
<p>Cereal 9</p> <p>Chicken Burger French Fries Corn</p>	<p>Waffles & Bacon 10</p> <p>Meatballs & Gravy over Noodles Peas</p>	<p>Yogurt & Graham 11 Crackers</p> <p>Chili, Corn Bread Veggie Sticks</p>	<p>Cereal 12</p> <p>Turkey & Chesse Sandwich, Chips Tomato & Cuke Salad</p>	<p>French Toast 13</p> <p>Chesse or Pepperoni English Muffin Pizza Cesar Salad, Jello</p>
<p>Cereal 16</p> <p>Fish Fillet Butter Noodles Carrots</p>	<p>Bagel 17</p> <p>Burgers Chips & Hummus Veggie Slices</p>	<p>Muffin 18</p> <p>American Chop Suey Green Beans Roll</p>	<p>Oatmeal 19</p> <p>BBQ Riblets on a Bun Baked Beans Corn</p>	<p>Cereal 20</p> <p>Chicken Noodle & Veggie Casserole Roll</p>
<p>Cereal 23</p> <p>Chicken Poutine (Chicken, Fries, Gravy & Cheese) Peas</p>	<p>Waffles & Bacon 24</p> <p>Beef, Bean & Cheese Burrito, Mexican Rice Corn & Black Bean Medley</p>	<p>Yogurt Parfait 25</p> <p>Spaghetti w/ Meat Sauce Salad Garlic Bread</p>	<p>Pancakes 26</p> <p>Ham Hoagie Crackers Veggie Sticks</p>	<p>Cereal Bar 27</p> <p>Hamburger Stroganoff over Noodles Carrots</p>
<p>Cereal 30</p> <p>Pigs in a Blanket Baked Beans Roasted Cauliflower</p>				

Menu is subject to change based on availability.

Snack Milks & Extra Milks at mealtimes are available to purchase - \$.50 each

A variety of low-fat milk is served at every meal as well as fruits & vegetables. PBJ or yogurt is offered as an alternative lunch choice. FHCS uses WowButter for peanutbutter.

This institution is an equal opportunity provider.