

Welcome
Back to School

SEPTEMBER 2023

Forest Hills Consolidated School

A Look Into October: See website for More

Picture Day: Monday 10/2

No School: Monday 10/9 - Indigenous Peoples Day

Early Release: 10/18 & 10/19 @ 11:30 am

Monday

Tuesday

Wednesday

Thursday

Friday



4

Labor Day
No School

5

First Day of School

6

7

1

8

11

Waffles, Juice & Fruit

Cheeseburger/Hamburger,
Potato Salad, Fruit

12

Omelet, Toast & Fruit

Beef & Bean Enchilada
Casserole & Fruit

13

Muffins, Bacon & Fruit

Spaghetti & Meat Sauce,
Salad, Garlic Bread & Fruit

14

Yogurt Parfait

Chicken Nuggets, Tater Tots,
Carrots & Fruit

15

Cereal, Toast, Juice & Fruit

Cheese/Pepperoni Pizza,
Corn, Fruit & Jello Dessert

18

Yogurt & Grahams, Fruit

BBQ Pork Sandwich, Baked
Beans, Coleslaw & Fruit

19

Oatmeal, Toast & Fruit

Broccoli Cheddar Soup,
Toasted Cheese Bread,
Veggie Sticks & Fruit

20

Bacon, Egg & Cheese
Sandwich & Fruit

Manicotti, Salad, Garlic
Bread & Fruit

21

Bagel with Cream Cheese,
Fruit & Juice

Chef Salad & Roll

22

Pop Tart, Sausage, & Fruit

Fish Burger, French Fries,
Peas & Fruit

25

Cereal, Toast, Juice & Fruit

Chicken Cordon Blue Burger,
French Fries, Corn & Fruit

26

Waffles & Fruit

Shepherd's Pie, Green
Beans, Roll & Fruit

27

Omelet, Toast & Fruit

American Chop Suey, Roll,
Carrots & Fruit

28

French Toast, Bacon & Fruit

Chicken & Gravy, Buttered
Noodles, Fruit & Apple Bars

29

Muffins, Juice & Fruit

Pigs in a Blanket, Baked
Beans, Broccoli & Fruit

This institution is an equal opportunity provider.

A variety of low fat milk is served at every meal as well as fruit and vegetables. PBJ or Yogurt is offered as alternative lunch choices.

Menu is subject to change based on availability.

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