

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



SEPTEMBER 2025

Forest Hills Consolidated School

A look into October:
10/8 & 10/9 - Parent Teacher Conferences – Early Release at 11:30 am
10/13 - No School - Indigenous Peoples' Day
10/30 - Halloween's Eve

Monday

No School
Labor Day

Cereal Bar
Burger
Sweet Potato Fries
Cucumber Slices

Cereal
Sloppy Joes
Tater Tots
Corn

Cereal Bars
Ham Hoagie
(Hot Ham, Cheese & Bacon Sub)
Chips
Salad

Cereal
Chicken Noodle
& Veggie Casserole
Roll

PICTURE DAY!

Tuesday

Cereal
Mac & Cheese
Hot Dog
Peas
First Day of School!

Muffin
Chicken Nachos
w/ Lettuce, Tomato, Cheese,
Peppers & Onions
Refried Beans

Pancakes
Chicken Poutine
(Chicken, Fries & Gravy)
Peas

Yogurt Parfait
Pigs In A Blanket
Fries
Veggie Sticks

French Toast
Toasted Cheese Sandwich
Tomato Soup
Fresh Broccoli w/ Ranch

Wednesday

Bagel w/
Cream Cheese & Sausage
Ham & Cheese Subs
Chips & Humus
Veggie Sticks

Egg & Cheese Muffin
Spaghetti w/ Meat Sauce
Salad
Garlic Bread

Oatmeal
American Chop Suey
Green Beans
Roll

Bagel w/ Cream Cheese
Beef Stroganoff
Green Beans
Roll

Thursday

French Toast
Fish Sticks
Rice
Pickled Beets

Yogurt & Grahams
Chicken Salad Sandwich
Pretzels
Veggie Sticks

Waffles & Sausage
BBQ Riblet
Baked Beans
Broccoli

Muffin
Fish Filet
Rice
Carrots

Friday

Cereal
Chicken Burgers
Fries
Lettuce & Tomato

Cereal
Pizza
Corn
Jello w/Fruit

Cereal
Tuna Salad Sandwich
Chips
Tomato & Cucumbers

Cereal
French Bread Pizza
Roasted Chickpeas
Salad

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.