

# OCTOBER 2024

## Forest Hills Consolidated School

A look into November

11/8 – Veteran’s Day Assembly at 1pm

11/11 No School - Veteran’s Day

11/27-11/29 No School – Thanksgiving Break

Monday

Tuesday

*Italian* Wednesday

Thursday

Friday



Bagels 1

Chili Nachos with all the Fixings

Muffin 2

Manicotti  
Garlic Bread  
Salad

Cereal 3

Ham & Cheese Wrap  
Chips & Hummus  
Veggie Sticks

Ham, Egg, Cheese & Hashbrown Bar 4

Fish Fillet  
Sweet Potato Fries  
Coleslaw

Cereal 7

Open Faces Toasted  
Cheese Sandwich  
Tomato Soup  
Beets

Yogurt & Grahams 8

Sausage Gravy & Biscuit  
Hashbrown, Baked Beans  
Tomatoes

Pancakes 9

Spaghetti & Meatballs  
Garlic Bread, Cesar Salad

**Parent Teacher Conferences 3-7pm**

Please note today is a full student day.  
No Early Release

Poptart 10

Chicken Nuggets  
Mac & Cheese & Carrots

**Parent Teacher Conferences 3-7pm**

Please note today is a full student day.  
No Early Release

11

No School  
Workshop Day

14

No School  
Indigenous  
Peoples Day

Bagel 15

Beef, Cheese & Bean  
Burrito with all the Fixings

French Toast Sticks 16

Ravioli  
Roll  
Salad

Cereal 17

Chicken Parm Burger  
Tater Tots  
Broccoli

18

Oatmeal  
Tuna Noodle  
Casserole  
Peas

Cereal 21

Hot Dogs  
Baked Beans, Roll  
Mixed Veggies

Muffin 22

Chef’s Choice Soup  
Toasted Cheese  
Hummus & Veggie Sticks

Breakfast Pizza 23

Italian Casserole  
(like baked ziti)  
Garlic Bread  
Cesar Salad

Yogurt Parfait 24

Burgers  
Sweet Potato Fries  
Tomato & Lettuce

25

Cereal  
Fish Fillet  
Rice  
Oven Roasted Veggies

Cereal 28

BBQ Pulled Pork on a Bun  
Potato Salad  
Corn

Cinnamon Rolls 29

Beef Nachos with all the Fixings

Scrambled Eggs & Hash Brown 30

Spaghetti with Meat Sauce  
Green Beans & Garlic Bread

**Hallows Eve 6-7:30 pm**

Bagel 31

Sweet & Sour Chicken  
Rice & Broccoli

Happy Halloween!



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 peanut butter.

This institution is an equal opportunity provider.