

# JANUARY 2025

## Forest Hills Consolidated School

A look into February:  
Feb.17-21 - No School Feb. Vacation

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



No School **1**  
Happy New Year!

Cereal **2**  
Fish Burger  
Sweet Potato Fries  
Lettuce & Tomato

Yogurt & Grams **3**  
Chicken & Gravy  
Rice  
Peas

Cereal **6**  
Mac & Cheese  
Hot Dog  
Coleslaw

Bagel **7**  
Broccoli & Cheese Soup  
Toasted Cheese Sandwich  
Pretzels

French Toast **8**  
American Chop Suey  
Green Beans  
Roll

Cereal Bar & Cottage Cheese **9**  
Pork & Gravy  
Mashed Potatoes  
Corn

Oatmeal **10**  
Chicken Nuggets  
Tater Tots  
Carrots

Cereal **13**  
Manicotti  
Cesar Salad  
Garlic Bread

Waffles **14**  
Chicken Burger  
Buttered Noodles  
Brussel Sprouts

Eggs & Hashbrowns **15**  
Beef Nachos  
with all the fixings

Pop Tart **16**  
Ham & Cheese Sub  
Crackers & Hummus  
Veggie Sticks

Cereal **17**  
Pepperoni Pizza  
Corn

No School **20**  
Martin Luther King Jr Day

Cereal **21**  
Sweet & Sour Meatballs  
Rice  
Broccoli

Cinnamon Rolls **22**  
Spaghetti  
Tossed Salad  
Garlic Bread

Bagel **23**  
Chicken Stew  
Biscuit

Oatmeal & English Muffin **24**  
Pig In A Blanket  
Black Bean Salad

Cereal **27**  
Ham  
Baked Beans  
Carrots

Yogurt Parfait **28**  
Burger  
French Fries  
Veggie Sticks

Pancakes **29**  
Turkey Noodle Soup  
Cheese Quesadilla  
Peas

Muffin **30**  
Shepherd's Pie  
Roll

Cereal Bar & Cottage Cheese **31**  
Fish Sticks  
Pretzels & Hummus  
Green Beans

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.