Forest Hills Consolidated School

	Monday	Tuesday	Wednesday	Thursday	Friday
r	Cereal 1	Bagels 2	Muffin 3	French Toast 4	Oatmeal 5
	Chicken Burger Tater Tots Broccoli	Beef Stroganoff Over Noodles Green Beans	Tomato Mac Soup Cheese Breadstick Hummus & Cucumbers	Baked Glazed Chicken Rice Carrots	French Bread Pizza Salad
	Cereal 8	Cinnamon Roll 9	Yogurt 10	Whole Grain Donut	Pancakes 12
	Hot Dog Baked Beans Corn	Chicken & Veggie Rice Casserole	Spaghetti Salad Garlic Bread	Baked Potato Bar (Cheese, Chicken Broccoli & Bacon)	BBQ Hamburger Sweet Potato Fries Veggie Sticks
	Cereal 15	Yogurt Parfait 16	Waffles 17	Bagel 18	Pancake &
•	Ravioli Salad Garlic Bread	Cheeseburger Bomb Crackers & Hummus Carrots	Chicken Poutine Peas	Roast Pork Dinner Mashed Potato Green Beans Applesauce & Roll	Sausage Stick Fish Sticks Buttered Noodles Corn
	No School	No School	No School	Merry .	No School
	Holiday Break	Holiday Break	Holiday Break	Christmas	Holiday Break
	No School	No School	No School		
	Holiday Break	Holiday Break	Holiday Break		

Menu is subject to change based on availability.

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