

NOVEMBER 2024

Forest Hills Consolidated School

A Look into December:
 12/18: Holiday Concert 1pm
 12/23-1/1: No School

Monday

Tuesday

Wednesday

Thursday

Friday



Cereal **4**
 Egg Salad Sandwich
 Sweet Potato Fries
 Corn

Yogurt & Grahams **5**
 Mac & Cheese
 Hot Dog
 Carrots

Waffles **6**
 Sausage Gravy
 over Biscuit
 Scrambled Eggs
 Tomatoes

Oatmeal **7**
 Chicken Burger
 Crackers, Hummus
 Veggie Sticks

Cereal **1**
 Chef Salad with Ham

Cereal **8**
 Cheese/Pepperoni Pizza
 Salad & Jello
 Veterans Day Assembly at
 1pm

No School **11**
 Veterans Day

Cereal **12**
 Chicken & Vegetable
 Stew
 Roll

Eggs & Hashbrown **13**
 Fish Sticks
 Buttered Noodles
 Carrots

Yogurt Parfait **14**
 American Chop Suey
 Green Beans
 Roll

Muffin **15**
 Chicken Noodle Soup
 Open Face Toasted
 Cheese & Ham
 Chef's Choice Veggie

Cereal **18**
 Baked Chicken
 Rice
 Broccoli

Oatmeal **19**
 Spaghetti with Meatballs
 Salad
 Garlic Bread

French Toast & Bacon **20**
 Ham Hoagie
 Tater Tots
 Mixed Veggies

PopTart **21**
 BBQ Rib
 Baked Beans
 Corn & Corn Bread

Pancakes **22**
 Turkey Dinner
 Mashed Potatoes
 Squash, Stuffing
 Cranberry Sauce & Dessert

Cereal **25**
 Hamburger
 Crackers & Hummus
 Lettuce & Tomato

Bagels **26**
 Chicken Nuggets
 French Fries
 Chef's Choice Veggies

No School **27**
 Thanksgiving Break

No School **28**
 Happy Thanksgiving

No School **29**
 Thanksgiving Break

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.