



# Green Forest School - SNACK

## October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Grandma's cookies	2 Chex mix	3 Banana bread	4 Apple slices & peanut butter	5
6	7	8 Cereal bar	9 Snack-n-waffle	10 Rice cakes	11 Munchies	12
13	14	15 Super donut	16 Chex mix	17 Banana bread	18 Chips & salsa	19
20	21	22 Apple slices & peanut butter	23 Carmel rice cakes	24 Cheese & crackers	25 Grandma's cookies	26
27	28	29 Granola Bar	30 Peanut butter bites	31 Munchies		

**\* All snacks served with juice**

\*USDA is an equal opportunity employer and provider. Menu subject to change.  
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# Green Forest School Lunch

## October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Walking tacos Refried beans Corn Fruit	2 Cheesy pull-aparts Salad Carrot sticks w/ranch Orange fluff salad	3 Tangerine chicken Lo Mein noodles w/vegies Whole green beans Fruit	4 Chicken sandwich Lettuce/tomato/pickle French fries Fruit Grilled Chicken option-HS only	5
6	7	8 Frito pie Salad Corn Oranges Honeybun-HS only	9 Lil Smokies Mac-n-cheese Baked beans Salad Fruit Roll-HS only	10 General Tso's chicken-HS only Veggie eggroll-HS only Chicken eggroll-Elem Fried rice Fruit	11 Hamburger Lettuce/tomato/pickle Fruit Cookie Cheeseburger option-HS only	12
13	14	15 Chicken fajitas Refried beans Corn Fruit Brownie	16 Roasted potato bowl w/carnitas Broccoli Fruit	17 Lasagna Green beans Salad Breadstick Fruit	18 Pizza Salad Mixed veggies Fruit Cookie	19
20	21	22 Chicken nuggets Mashed potato Green beans Fruit	23 Chili Corn bread Mixed veggies Fruit	24 Pot stickers w/ramen noodles Carrots Broccoli Fruit	25 Grilled & breaded chicken Lettuce/tomato/pickle French fries Frozen treat	26
27	28	29 Pulled pork nachos Broccoli w/ranch Baked beans Fruit	30 Biscuit & gravy Sausage Hash brown Tomatoes Fruit	31 Teriyaki chicken Fried rice Salad Sweet potato cubes Fruit Halloween Snack Mix		

**\* All meals served with Milk**

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\*Hoagie sandwich boxes and chef salad are offered as alternate meal choices daily.



# Green Forest School Breakfast      K-5

## October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Donuts-powdered	2 Breakfast pizza	3 Mini french toast	4 Pancake w/sausage sandwich	5
6	7	8 Super donut & cheese	9 Breakfast pizza	10 Sausage biscuit	11 Breakfast sausage roll	12
13	14	15 Mini apple bites	16 Breakfast pizza	17 Mini pancakes	18 Breakfast burrito	19
20	21	22 Blueberry muffin	23 Breakfast pizza	24 Pancake & sausage on a stick	25 Uncrustable	26
27	28	29 Mini french toast	30 Breakfast pizza	31 Apple frudel		

**All breakfast meals come with fruit, juice and milk. Other available daily breakfast choice is cereal.**

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# Green Forest School Breakfast

## October 2024

6<sup>th</sup> – 12<sup>th</sup>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Blueberry muffin	2 HS- Mini donuts MS- breakfast pizza	3 Sausage biscuit	4 Un crustable	5
6	7	8 Stuffed hashbrown	9 Cinnamon rolls-HS Breakfast pizza-MS	10 Sausage biscuit	11 Un crustable	12
13	14	15 Sausage & pancake sandwich	16 Ham & cheese hot pocket-HS Breakfast pizza-MS	17 Sausage biscuit	18 Un crustable	19
20	21	22 Donut	23 Tornado-HS Breakfast pizza-MS	24 Sausage biscuit	25 Un crustable	26
27	28	29 Blueberry muffin	30 Sausage Roll-HS Breakfast pizza-MS	31 Sausage biscuit		

**All breakfast meals come with fruit, juice and milk.**  
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