

Forest Park Jr-Sr high School  
Menu for September 28-October 2

**Monday:**

**Breakfast:** Breakfast pastry, fruit, juice, milk

**Lunch:** Chicken queso bowl or hamburger

Lettuce, salsa, sliced pears, juice

**Tuesday:**

**Breakfast:** Breakfast bacon scramble, fruit, juice, milk

**Lunch:** Chicken and dumplings or hamburger

Peas, fresh vegetables, pineapple chunks, fruit or juice

**Wednesday;**

**Breakfast:** French toast stix w/ sausage, fruit, juice, milk

**Lunch:** Hot and spicy chicken patty or sausage patty w/ cheese

French fries, candied carrots, applesauce, fruit or juice

**Thursday:**

**Breakfast:** Breakfast Taco, fruit, juice, milk

**Lunch:** Ranger burger or Bbq shredded pork

Vegetable, pinto beans, fruit cocktail, fruit

**Friday:**

**Breakfast:** Biscuit egg omelet, fruit, juice, milk

**Lunch:** Stuffed crust pepperoni pizza or hamburger

Green beans, carrot sticks, sliced peaches, fruit

