



Forest Ranch Charter School
School Menu for January 2012

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2		4	5	6
	Combo: PB & J Combo: Spaghetti-Vegetarian Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: Build- A-Yogurt Parfait Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: PB & J Combo: Sloppy Joe Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: Baked Potato "Bar" Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat
9	10	11	12	13
Combo: Chicken Alfredo Pasta Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: Build- A-Yogurt Parfait Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: PB & J Combo: Sloppy Joe Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: Baked Potato "Bar" Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: PB & J Combo: Spaghetti-Vegetarian Drink: Milk: White - 1% Drink: Milk: White - Nonfat
16	17	18	19	20
	Combo: Baked Potato "Bar" Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: Chicken Alfredo Pasta Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: PB & J Combo: Spaghetti-Vegetarian Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: Build- A-Yogurt Parfait Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat
23	24	25	26	27
Combo: Chicken Alfredo Pasta Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: Build- A-Yogurt Parfait Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: PB & J Combo: Spaghetti-Vegetarian Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: PB & J Combo: Sloppy Joe Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: Baked Potato "Bar" Combo: PB & J Drink: Milk: White - 1% Drink: Milk: White - Nonfat
30	31			
Combo: PB & J Combo: Spaghetti-Vegetarian Drink: Milk: White - 1% Drink: Milk: White - Nonfat	Combo: PB & J Combo: Sloppy Joe Drink: Milk: White - 1% Drink: Milk: White - Nonfat			