



Forest Ranch Menu

Winter 2022-23



Items in Green are entrees that can be made Gluten Free. These are for students with a medical meal accommodation form on file.

BREAKFAST

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Multigrain Cereal</p> <p>French Toast Sticks</p>	<p>Pancakes</p> <p>Breakfast Sandwich</p>	<p>Multigrain Cereal</p> <p>Fresh Baked Muffin</p>	<p>Fresh Baked Cinnamon Roll</p> <p>Sausage & Egg English Muffin</p>	<p>Fresh Baked Muffin</p> <p>Breakfast Sandwich</p>
LUNCH	<p>Spaghetti & Meat Sauce w/ Breadstick</p> <p>Cheeseburger Hamburger</p> <p>Bean & Cheese Burrito</p>	<p>Beef Taco Bowl & Chips</p> <p>Chicken Chunks & Tots</p> <p>PB&J Sandwich</p>	<p>Asian Chicken Bowl</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>Specialty Sandwich</p> <p>COOKIE</p>	<p>Turkey Gravy & Mashed Potatoes w/ Dinner Roll</p> <p>Corn Dog</p> <p>Yogurt, Granola & String Cheese</p>	<p>Chili Cheese Wedges & Chips</p> <p>Chicken Burger</p> <p>PB&J Sandwich</p>

Must take 1/2 cup Fruit and/or Vegetable Daily. 1/2 pint of Nonfat Chocolate and 1% White offered at each meal.

Due to national shortages, this menu is subject to change. Thank you for understanding.

This institution is an equal opportunity provider.