



ROSE PARK / SOUTH SIDE / PINE RIDGE / FOREST 3RD GRADE

NOVEMBER 2021

LUNCH & BREAKFAST/SNACK ARE FREE.

Must choose 3 of 5 food components, one being fruit or vegetable.



BREAKFAST MENU

MONDAY

Gold Fish Cinnamon Graham Crackers
Apple Sauce
Raisins

TUESDAY

Scooby Doo Crackers
Pears
Juice Cup

WEDNESDAY


















Cheese Stick
Apple Slices
Juice Cup

THURSDAY

Graham Crackers
Orange Wedges
Banana

FRIDAY

French Toast Gold Fish Crackers
Mango Wango Juice, Banana

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 NOV 1 Breaded Chicken on Bun Steamed Corn, Chips Fruit Choice 2 LUNCHABLE	 NOV 2 Turkey & Cheese Sub Chips, Cucumbers Fruit Choice 2 COCOA PUFFS BAG	 NOV 3 Mozzarella Pizza Crunchers w/ Marinara Garden Salad w/ Ranch Fruit Choice 2 YOGURT PARFAIT	 NOV 4 Macaroni & Cheese Fishsticks Veggie & Fruit Choice 2 PILLSBURY PANCAKE BAG	 NOV 5 Grilled Cheese Tomato Soup, Grapes Goldfish Crackers 2 TURKEY SUB BAG
 NOV 8 Beef Taco Shredded Lettuce Cheese, Salsa w/ Chips Fruit Choice 2 LUNCHABLE	 NOV 9 CORN CRAZY DAY Mini Corn Dogs Cherry Tomato w/ Ranch Corn Chips, Fruit Choice 2 COCOA PUFFS BAG	 NOV 10 BREAKFAST EXTRAVAGANZA (Pancakes, French Toast or Waffles) Sausage Link Mango Wango Juice Fruit Choice 2 YOGURT PARFAIT	 NOV 11 Hamburger w/ Cheese on Bun, Doritos Carrots w/ Ranch Fruit Choice 2 PILLSBURY PANCAKE BAG	 NOV 12 Soft Warm Pretzel w/ Cheese Dip, Yogurt Cup Celery, Fruit Choice 2 TURKEY SUB BAG
 NOV 15 2 Bosco Breadsticks Marinara Cup Veggie & Fruit Choice 2 LUNCHABLE	 NOV 16 Hot Dog on Bun Carrots w/ Ranch Cheetos, Fruit Choice 2 COCOA PUFFS BAG	 NOV 17 Cinnamon Roll Turkey Rice Soup Cheese Stick Yogurt Cup 2 PILLSBURY PANCAKE BAG	 NOV 18 Breaded Chicken Corn Muffin Carrots w/ Ranch Fruit Choice 2 PILLSBURY PANCAKE BAG	 NOV 19 THE HUT DAY!! Pizza Hut Pizza Garden Salad Fruit Choice
 NOV 22 BREAKFAST FOR LUNCH! Cinnamon Toast Crunch Yogurt, Cheese Stick Banana, Mango Wango 2 LUNCHABLE	 NOV 23 Ham & Cheese Sub Chips, Cucumbers Fruit Choice 2 COCOA PUFFS BAG	NOV 24 DAY off	NOV 25 HAPPY THANKS DAY GIVING	NOV 26 DAY off

Due to availability, menu subject to change.



Milk Only .50
Adult meal: \$2.00

Milk is included with lunch.
1% Chocolate or 1% White milk.

HC FOOD SERVICE OFFICE
616-820-2934

Forest School 3rd Grade
Monday/Friday - 2nd option ONLY

LUNCH IS FREE EVERYDAY!
AUGUST THROUGH JUNE 2022
NO SIGN UP NEEDED

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

2 CHOICE 2

MONDAY:

Turkey & Cheese Lunchable, Fruit Choice, Veggie Choice, Fun Size Chips

TUESDAY

Cocoa Puffs Cereal
Yogurt, Sunflower Seeds, Apple
Teddy Grahams
Mango Wango

WEDNESDAY

Vanilla Yogurt Parfait w/ Granola
Strawberries
Carrots w/ Ranch
Sunchips

THURSDAY

Pillsbury Pancakes, Cheese Stick, Yogurt
Mango Wango
Applesauce Cup

FRIDAY

Turkey & Cheese Sub, carrots w/ Ranch, Apple Slices
Mini Rice
Krispy Treat