



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

JANUARY 2022

LUNCH & BREAKFAST 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
 <p>JAN 3</p> <p>Breaded Chicken Mashed Potatoes & Gravy Muffin, Applesauce Cup</p> <p>2 LUNCHABLE</p>	 <p>JAN 4</p> <p>Pasta w/ Meat Sauce Dinner Roll, Green Beans Fresh Fruit</p> <p>2 PANCAKE BAGS</p>	 <p>JAN 5</p> <p>Italian Sub w/ Marinara Chips, Carrots w/ Ranch Fruit Choice</p> <p>2 YOGURT PARFAIT</p>	 <p>JAN 6</p> <p>Walking Beef Tacos Sour Cream, Salsa Cheese, Lettuce Fruit Choice</p>	 <p>JAN 7</p> <p>THE HUT DAY!! Pizza Hut Pizza Fruit Choice Fruit, Chips</p>
 <p>JAN 10</p> <p>Hot Dog on Bun Cheetos, Corn Fruit Choice</p> <p>2 LUNCHABLE</p>	 <p>JAN 11</p> <p>Chicken Nuggets Veggie & Fruit Choice Sunchips</p> <p>2 PANCAKE BAGS</p>	 <p>JAN 12</p> <p>Warm Ham/Turkey & Bacon Sub Chips, Veggie Choice Fruit Choice</p> <p>2 YOGURT PARFAIT</p>	 <p>JAN 13</p> <p>CEREAL FOR LUNCH! Yogurt Cheese Stick Mango Wango Juice Banana</p>	 <p>JAN 14</p> <p>THE HUT DAY!! Pizza Hut Pizza Fruit Choice Fruit, Chips</p>
 <p>JAN 17</p> <p>MLK DAY I HAVE A DREAM</p>	 <p>JAN 18</p> <p>Cheeseburger Veggie & Fruit Choice Doritos</p> <p>2 PANCAKE BAGS</p>	 <p>JAN 19</p> <p>Soft Warm Pretzel Beef Chili w/ Cheese Orange Wedges Mango Wango Juice</p> <p>2 YOGURT PARFAIT</p>	 <p>JAN 20</p> <p>BREAKFAST EXTRAVAGANZA (Pancakes, French Toast or Waffles) Sausage Link Potato, Juice Cup Banana or Oranges</p>	 <p>JAN 21</p> <p>THE HUT DAY!! Pizza Hut Pizza Fruit Choice Fruit, Chips</p>
 <p>JAN 24</p> <p>Breaded Chicken on Bun Steamed Corn, Chips Fruit Choice</p> <p>2 LUNCHABLE</p>	 <p>JAN 25</p> <p>Macaroni & Cheese Green Beans, Muffin Fresh Strawberries</p> <p>2 PANCAKE BAGS</p>	 <p>JAN 26</p> <p>Cinnamon Roll Yogurt, Cheese Stick Mango Wango Juice Grapes</p>	 <p>JAN 27</p> <p>CORN CRAZY DAY Mini Corn Dogs Corn Muffin, Corn Corn Chips Fruit Choice</p>	 <p>JAN 28</p> <p>THE HUT DAY!! Pizza Hut Pizza Fruit Choice Fruit, Chips</p>
 <p>JAN 31</p> <p>Fettuccine Alfredo Pasta Breadstick, Steamed Peas Fruit Choice</p> <p>2 LUNCHABLE</p>				

- 2 CHOICE 2**
- MONDAY:**
Turkey & Cheese
Lunchable, Fruit
Choice, Veggie
Choice, Fun
Size Chips
- TUESDAY**
Pancakes, Cheese
Stick, Yogurt
Mango Wango
Applesauce
- WEDNESDAY**
Vanilla Yogurt
Parfait w/ Granola
Strawberries
Carrots w/ Ranch
Sunchips

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.