

Monday

Tuesday

Wednesday

Thursday

Friday

FREE AND REDUCED LUNCH APPLICATIONS CAN BE PROCESSED AT ANY TIME OF THE YEAR FOR ANY STUDENTS THAT MAY BE FACING FINANCIAL CHALLENGES. ONLINE APPLICATIONS ARE AVAILABLE THROUGH THE PARENT PORTAL BY SELECTING "MORE" THEN "MEAL BENEFITS."

FOR ADDITIONAL INFORMATION PLEASE FEEL FREE TO CONTACT THE FOOD SERVICE DEPARTMENT. THE FORSYTH SCHOOL DISTRICT OPERATES UNDER THE GUIDELINES SET BY THE DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION AND USDA THROUGH THE NATIONAL SCHOOL LUNCH PROGRAM AND THE SCHOOL BREAKFAST PROGRAM. MENUS AND MEAL PRICES ARE AVAILABLE ON OUR SCHOOL WEBSITE. FORSYTHPANTHERS.ORG WE RESERVE THE RIGHT TO CHANGE MENU ITEMS WITHOUT PRIOR NOTICE.

LUNCH PRICES

8
Pre-k-4 Full Price \$ 2.35
5-8 Full Price \$2.45
9-12 Full Price \$2.55
Reduced Price \$.40
Adult Price \$3.10

9

WALKING TACOS (21g 150cal), CHEDDAR CHEESE (2g), TACO MEAT(2g), **GRAPE TOMATOES**, SHREDDED LETTUCE OR **BLACK BEANS**, SPANISH RICE, FRESH FRUIT OR MANDARIN ORANGES

10

CHICKEN NUGGETS (9.5g), **MASHED POTATOES** (27g) OR **CARROT STICKS**, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

11

CHEESY BOSCO BREADSTICKS (25g), **MARINARA DIPPING SAUCE**, ROMAINE SALAD OR **FRESH BROCCOLI**, PEACHES OR FRESH FRUIT

12

PEPPERONI PIZZA (24g), CORN OR **CARROT STICKS**, MANDARIN ORANGES OR FRESH FRUIT, GOGURT

15

At Lunch students are required to take a minimum of three meal components. One serving must be a fruit or a vegetable.

16

ORIENTAL SPICED CHICKEN (20g), RICE (38g), EGG ROLL (20g), **ORIENTAL BLEND VEGGIES** OR CUCUMBER SLICES, PINEAPPLE OR FRESH FRUIT

17

CHICKEN NUGGETS (9.5g), **MASHED POTATOES** (27g) OR **CARROT STICKS**, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

18

CORN DOG (30g), MAC AND CHEESE (43g), **TATER TOTS** OR **FRESH BROCCOLI**, PEACHES OR FRESH FRUIT SLICES

19

CHICKEN BITES WITH PASTA WITH ALFREDO SAUCE, BREAD STICK, **ROMAINE SALAD** OR **CARROT STICKS**, FRESH FRUIT, GOGURT

22

BACON CHEESEBURGER (1.5g) ON BUN (27g), PICKLE SPEARS, **TATER TOTS** OR **BLACK BEANS**, PEACHES FRESH FRUIT

23

CHICKEN NUGGETS (9.5g), **MASHED POTATOES** (27g) OR **CARROT STICKS**, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

24

BEEF AND CHEESE BURRITO (22g) IN QUESO SAUCE, SPANISH RICE (38g), **STREET CORN** OR **FRESH BROCCOLI**, FRUIT COCKTAIL OR FRESH FRUIT

25

CHICKEN AND DUMPLINGS, CORNBREAD, **MIXED VEGETABLES**, OR **CARROT STICKS**, FRESH FRUIT, GOGURT

26
29

ORIENTAL SPICED CHICKEN (20g), RICE (38g), EGG ROLL (20g), **ORIENTAL BLEND VEGGIES** OR CUCUMBER SLICES, PINEAPPLE OR FRESH FRUIT

30

CHICKEN NUGGETS (9.5g), **MASHED POTATOES** (27g) OR **CARROT STICKS**, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

31

THE FORSYTH SCHOOL DISTRICT UTILIZES THE "OFFER-VS-SERVE" SCHOOL FOOD PROGRAM. MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS GET THE OPPORTUNITY TO CHOOSE DIFFERENT MENU ITEMS. AT BREAKFAST STUDENTS MUST CHOOSE AT LEAST THREE CREDIBLE SERVINGS FROM THE DIFFERENT FOOD GROUPS OFFERED, ONE OF WHICH MUST BE A SERVING OF FRUIT OR VEGETABLES. A VARIETY OF GRAIN ENRICHED PRODUCTS IN ADDITION TO THE CHOICES LISTED ON THE MENU WILL BE OFFERED. PRODUCTS INCLUDE GENERAL MILLS CEREALS, POP TARTS, MUFFINS, PANCAKES, FRENCH TOAST STICKS, FRUIT PARFAITS, AND BREAKFAST SANDWICHES ALONG WITH YOUR CHOICE OF A FRUIT OR 100% FRUIT JUICE. MEALS ARE PROVIDED ON A FIRST COME, FIRST SERVE BASIS. ALL SCHOOL MEALS INCLUDE YOUR CHOICE OF 1% SKIM MILK OR 1% CHOCOLATE SKIM MILK. PLEASE CONTACT THE FOOD SERVICES OFFICES AT 546-6384, IF YOU HAVE ANY QUESTIONS.

WE RESERVE THE RIGHT TO CHANGE MENU ITEMS WITHOUT PRIOR NOTICE. THE FORSYTH R-III SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.