

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1

PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE

2

CHOCOLATE FROSTED (18g 96cal) DONUT (27g 300cal), ASSORTED FRUIT OR FRUIT JUICE

3

SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

4

BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), **TRI-TATOR** (4g, 100Cal), ASSORTED FRUIT OR FRUIT JUICE

7

MINI WAFFLES (37g, 220cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

8

CHEDDAR CHEESE OMELETTE, SAUSAGE PATTY (2g 160cal), **TRI-TATOR** (4g, 100Cal), ASSORTED FRUIT OR FRUIT JUICE

9

FRESHLY BAKED GLAZED(7g 25cal) CINNAMON ROLL(54g 340cal), ASSORTED FRUIT OR FRUIT JUICE

10

SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

11

BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), **TRI-TATOR** (4g, 100Cal), ASSORTED FRUIT OR FRUIT JUICE

14

MAPLE BURSTIN PANCAKES (41g 230cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

15

PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE

16

GLAZED BREAKFAST BUN (48g 300cal), ASSORTED FRUIT OR FRUIT JUICE

17

SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

18

BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), **TRI-TATOR** (4g, 100Cal), ASSORTED FRUIT OR FRUIT JUICE

21

MINI FRENCH TOAST (37g, 220cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

22

FRESHLY BAKED GLAZED(7g 25cal) CINNAMON ROLL(54g 340cal), ASSORTED FRUIT OR FRUIT JUICE



24

25

28

29

30

31

**HAVE A GREAT SUMMER**

ALL SCHOOL MEALS INCLUDE YOUR CHOICE OF 1% WHITE MILK (11g 80cal), SKIM MILK (11g 100cal), OR CHOCOLATE SKIM MILK (24g 130cal). STUDENTS STARTING IN THIRD GRADE THROUGH HIGH SCHOOL EACH DAY AT BREAKFAST A VARIETY OF GRAIN ENRICHED PRODUCTS WILL BE OFFERED IN ADDITION TO THE CHOICES LISTED ON THE MENU. PRODUCTS INCLUDE GENERAL MILLS CEREALS, POP TARTS, JEM DOUGHNUTS, BREAKFAST SANDWICHES, AND BAGELS ALONG WITH YOUR CHOICE OF A FRESH FRUIT OR 100% FRUIT JUICE. STUDENTS GET THE OPPORTUNITY TO CHOOSE DIFFERENT MENU ITEMS. AT BREAKFAST STUDENTS WILL BE OFFERED FOUR DIFFERENT ITEMS, THEY MUST CHOOSE AT LEAST THREE ITEMS AND ONE ITEM MUST BE A SERVING OF FRUIT OR A FRUIT JUICE. STUDENTS MAY TAKE ALL FOUR ITEMS. IT'S NEVER TOO LATE TO COMPLETE AN APPLICATION FOR THE FREE OR REDUCED MEAL PROGRAM. 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.**