

### Monday

- VEGETABLE
- SUB GROUPS
- DARK GREEN
- RED/ORANGE
- LEGUMES
- STARCHY
- OTHERS

### Tuesday

### Wednesday

### Thursday

### Friday

7 NACHO CHIPS(21g 150cal), TACO MEAT, NACHO CHEESE, **GRAPE TOMATOES** AND SHREDDED LETTUCE , OR **FRESH BROCCOLI**, SPANISH RICE, PEARS OR FRESH FRUIT

8 MEATBALLS (2.1g 57cal), **IN MARINARA SAUCE**, CHEESY BREAD (30g 280cal), GREEN BEANS OR **ROMAINE SALAD** , APPLE SAUCE OR FRESH FRUIT, GOGURT

9 CHICKEN NUGGETS (9g 170cal), **MASHED POTATOES** (27g 300cal) OR **CARROT STICKS**, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)

10 CORN DOG(30g 240), HOMEMADE MAC(41g 200cal)AND CHEESE, **POTATO WEDGES** OR **CARROT STICKS**, PEACHES OR FRESH FRUIT

11 CHEESE OR PEPPERONI PIZZA(36g 350cal), SWEET CORN OR **ROMAINE SALAD**, PINEAPPLE TIDBITS OR FRESH FRUIT, FRUIT ROLL-UP

14 CHEESEBURGER (9g 170cal) ON BUN(27g 140cal), PICKLE SPEARS, **TATER TOTS**, FRUIT COCKTAIL OR FRESH FRUIT

15 ORIENTAL SPICED CHICKEN (19g 150cal) WITH RICE (37g 170cal), EGG ROLL (19g 180cal), MIXED VEGGIES (**ORIENTAL BLEND**) OR CUCUMBER SLICES, PINEAPPLE TIDBITS OR FRESH FRUIT

16 CHICKEN NUGGETS (9g 170cal), **MASHED POTATOES** (27g 300cal) OR **CARROT STICKS**, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)

17 CHICKEN AND CHEESE CRISPITOS (22g 180cal), **REFRIED BEANS** OR **CARROT STICKS**, FRUIT COCKTAIL OR AN APPLE, CHURROS (30g 150cal)

18 HOT PEPPERONI ROLLUP (40g 330cal) WITH CHEESE DIPPING SAUCE, SWEET CORN OR **ROMAINE SALAD**, PINEAPPLE TIDBITS OR FRESH FRUIT, PRETZELS (30g 140cal)

21 CHEESY BREADSTICKS(36g 350cal), **MARINARA DIPPING SAUCE**, GREEN BEANS OR **ROMAINE SALAD**, PINEAPPLE TIDBITS OR FRESH FRUIT, GOGURT

22 SACK LUNCH WITH STRAWBERRY UNCRUSTABLES (32g 320cal), CHEESE STICKS, DORITOS (20g 130cal), **CARROT STICKS**, APPLE



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# HAVE A GREAT SUMMER

STUDENTS GET THE OPPORTUNITY TO CHOOSE DIFFERENT MENU ITEMS. STUDENTS WILL BE OFFERED A SELECTION FROM ALL FIVE GROUPS BUT THEY CAN DECLINE ITEMS. STUDENTS MUST CHOOSE AT LEAST THREE OF THE FIVE FOOD GROUPS OFFERED AND MEALS MUST INCLUDE A FRUIT OR VEGETABLE. THE HIGH SCHOOL KITCHEN WILL OFFER ADDITIONAL ENTRÉE CHOICES TO SATISFY YOUR APPETITE. HAMBURGERS, CHEESE BURGERS, AND CHICKEN PATTIE SANDWICHES SERVED ON A WHOLE GRAIN BUN WILL BE OFFERED ALONG WITH WAVE CUT POTATOES OR SEASONED POTATO WEDGES. STUDENTS MAY ALSO REQUEST THE FEATURE VEGETABLE OR FRUIT OR THEY MAY CHOOSE A FRUIT OR VEGETABLE SERVING OFF THE SALAD BAR ALONG WITH THIS MEAL CHOICE.

PARENTS IT'S NEVER TOO LATE TO FILL OUT 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.