

Monday

Tuesday

Wednesday

Thursday

Friday

1

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

2

DAVE'S ORANGE MUFFIN TOPS (5.5g 222cal), 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), ASSORTED FRUIT OR FRUIT JUICE

7

BISCUIT (28g 210cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

8

CHEDDAR CHEESE OMELETTE, SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

9

DAVE'S BANANA LOAF (5.5g 222cal), 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), ASSORTED FRUIT OR FRUIT JUICE

14

EGG PATTIES WITH CHEESE, ON CROISSANT (30g 180cal), ASSORTED FRUIT OR FRUIT JUICE

15

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

16

DAVE'S BLUEBERRY LOAF (5.5g 222cal), 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), ASSORTED FRUIT OR FRUIT JUICE

21

ASSORTED GENERAL MILLS CEREALPACKS (21-24g, 100-130cal), 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). DURING 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 FILL OUT AN APPLICATION FOR THE FREE OR REDUCED MEAL PROGRAM. SUBMIT A COMPLETED APPLICATION TODAY.

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.