



Monday	Tuesday	Wednesday	Thursday	Friday
3 MAPLE BURSTIN PANCAKES (41g 230cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE	4 PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE	5 CHOCOLATE FROSTED (18g 96cal) DONUT (27g 300cal), ASSORTED FRUIT OR FRUIT JUICE	6 SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE	7 
10 MINI FRENCH TOAST (37g, 220cal) WITH SYRUP (6g, 15cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE	11 PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE	12 FRESHLY BAKED GLAZED(0g 25cal) CINNAMON ROLL(6g 310cal), ASSORTED FRUIT OR FRUIT JUICE	13 SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE	14 
17 MAPLE BURSTIN PANCAKES (41g 230cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE	18 PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE	19 CHOCOLATE FROSTED (18g 96cal) DONUT (27g 300cal), ASSORTED FRUIT OR FRUIT JUICE	20 SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE	21 BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), ASSORTED FRUIT OR FRUIT JUICE
24 MINI FRENCH TOAST (37g, 220cal) WITH SYRUP (6g, 15cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE	25 PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE	26 GLAZED BREAKFAST BUN (48g 300cal), ASSORTED FRUIT OR FRUIT JUICE	27 SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE	28 BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), ASSORTED FRUIT OR FRUIT JUICE

ALL SCHOOL MEALS INCLUDE YOUR CHOICE OF WHITE SKIM MILK (11g 80cal), 1% 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.

HAVE YOU COMPLETED YOUR 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.