


Monday	Tuesday	Wednesday	Thursday	Friday
3 ORIENTAL SPICED CHICKEN (19g 150cal) WITH RICE (37g 170cal), EGG ROLL (19g 180cal), MIXED VEGGIES (ORIENTAL BLEND) OR CARROT STICKS , SPICED CHERRIES OR FRESH FRUIT	4 MINI CHEESEBURGERS, PICKLE SPEARS, CRINKLE CUT FRENCH FRIES OR FRESH VEGETABLE, FRUIT COCKTAIL OR FRESH FRUIT	5 CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), FRESH BROCCOLI , APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)	6 CHICKEN AND CHEESE CRISPITOS (22g 180cal), REFRIED BEANS OR CARROT STICKS , FRUIT COCKTAIL OR AN APPLE, GRAHAM CRACKERS (11g 60cal)	7 
10 CHICKEN AND NOODLES (6.06g 274cal) FRESH ROLL (2g 120cal), GREEN BEANS OR CARROT STICKS , SPICED CHERRIES OR FRESH FRUIT	11 POTATO CRUNCH FISH STICKS (14g 290cal), HUSH PUPPIES(10g 190cal), GREEN BEANS OR FRESH BROCCOLI , APPLE SAUCE OR FRESH FRUIT	12 CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), FRESH BROCCOLI , APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)	13 CHICKEN (20g 200cal) SOFT TACOS(20g 200cal), SHREDDED CHEESE, GRAPE TOMATOES , SHREDDED LETTUCE OR BLACK BEANS , SPANISH RICE, STRAWBERRY CUPS OR FRESH FRUIT	14 
17 NACHO CHIPS(21g 150cal), TACO MEAT, NACHO CHEESE, GRAPE TOMATOES , SHREDDED LETTUCE , BLACK BEANS , OR FRESH BROCCOLI, SPANISH RICE, PEARS OR FRESH FRUIT	18 CORN DOG(30g 240), HOMEMADE MAC(41g 200cal)AND CHEESE, POTATOE WEDGES OR CARROT STICKS , PEACHES OR FRESH FRUIT	19 CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), FRESH BROCCOLI , APPLE SAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)	20 CHEESY BOSCO STICKS(36g 350cal), MARINARA DIPPING SAUCE , SWEET CORN OR ROMAINE SALAD , PINEAPPLE TIDBITS OR FRESH FRUIT, GOGURT	21 POTATO CRUNCH FISH STICKS (14g 290cal), Hush Puppies (10g 190cal), GREEN BEANS OR FRESH BROCCOLI , APPLE SAUCE OR FRESH FRUIT
24 BACON CHEESEBURGER (12g 220cal) ON BUN(27g 140cal), PICKLE SPEARS, SEASONED WEDGES , OR GRAPE TOMATOES , FRUIT COCKTAIL OR FRESH FRUIT	25 ORIENTAL SPICED CHICKEN (19g 150cal) WITH RICE (37g 170cal), EGG ROLL (19g 180cal), MIXED VEGGIES (ORIENTAL BLEND) OR FRESH BROCCOLI , SPICED CHERRIES OR FRESH FRUIT	26 CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), FRESH BROCCOLI , APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)	27 HOT DOG (4g 170cal) ON BUN (27g 140cal), HOMEMADE MAC(41g 200cal) AND CHEESE, CRINKLE CUT FRIES OR CARROT STICKS , PEACHES OR FRESH FRUIT	28 CHEESE OR PEPPERONI PIZZA(36g 350cal), SWEET CORN OR EDAMAME SUCCATASH , PINEAPPLE TIDBITS OR FRESH FRUIT, GOGURT

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.

