

JANUARY 2018

FORSYTH HIGH SCHOOL LUNCH MENU

Get the daily school menu by following us on "Twitter" @ "FHS_Cafeteria"
Lunch menus are also available on the school website @ www.forsythpanthers.org

Monday

VEGETABLE
SUB GROUPS
DARK GREEN
RED/ORANGE
LEGUMES
STARCHY
OTHERS

1
Tuesday
2
Wednesday


NO SCHOOL
TEACHER
INSERVICE DAY

3
Thursday
4

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

Friday
5

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

8

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

9

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

10

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

11

CHICKEN AND CHEESE CRISPITOS (22g 180cal), **REFRIED BEANS**, FRUIT COCKTAIL OR AN APPLE, GRAHAM CRACKERS (11g 60cal)

12

HOT HAM ROLLUP(29g 290cal) WITH CHEESE DIPPING SAUCE, **TATER TOTS**, PINEAPPLE TIDBITS OR FRESH FRUIT, FRUIT ROLL-UPS

15


School's Out
for
MLK Jr Day

16

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

17

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

18

HOMEMADE CHILI FRITO(20g 140cal) PIE, CHEESY BREAD (30g 280cal), **BLACK BEANS**, PEARS OR FRESH FRUIT

19

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

22

MEATBALLS (2.1g 57cal), **IN MARINARA SAUCE**, CHEESY BREAD (30g 280cal), GREEN BEANS, PINEAPPLE TIDBITS OR FRESH FRUIT, GOGURT

23

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

24

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

25

CHICKEN AND CHEESE CRISPITOS (22g 180cal), **REFRIED BEANS**, FRUIT COCKTAIL OR AN APPLE, GRAHAM CRACKERS (11g 60cal)

26

HOT PEPPERONI ROLLUP (40g 330cal) WITH CHEESE DIPPING SAUCE, SWEET CORN CORN, PINEAPPLE TIDBITS OR FRESH FRUIT, FRUIT ROLL-UPS

29

SOFT SHELL TACOS (19g 1100cal), TACO MEAT, SHREDDED CHEESE, **GRAPE TOMATOES AND** SHREDDED LETTUCE , SALSA, AND CREAM CHEESE ARE AVAILABLE, SPANISH RICE, PEARS OR FRESH FRUIT

30

CHEESY BOSCO STICKS(36g 350cal), **MARINARA DIPPING SAUCE**, CORN, PINEAPPLE TIDBITS OR FRESH FRUIT, GOGURT

31

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

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 POTATOS 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.