

Monday

Tuesday

Wednesday

Thursday

Friday

1

CHOCOLATE FROSTED (18g 96cal) DONUT (27g 300cal), ASSORTED FRUIT OR FRUIT JUICE

2

SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

3

BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), ASSORTED FRUIT OR FRUIT JUICE

6

COLBY CHEESE OMELET (8g 110cal) WITH A SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

7

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

8

FRESHLY BAKED GLAZED(0g 25cal) CINNAMON ROLL(6g 310cal), ASSORTED FRUIT OR FRUIT JUICE

9

SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

10

BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), ASSORTED FRUIT OR FRUIT JUICE



14

HAVE A GREAT TIME ON SPRING BREAK!

15

16

17

20

MAPLE BURSTIN PANCAKES (41g 230cal) SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

21

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

22

GLAZED BREAKFAST BUN (48g 300cal), ASSORTED FRUIT OR FRUIT JUICE

23

SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

24

BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), ASSORTED FRUIT OR FRUIT JUICE

27

COLBY CHEESE OMELET (8g 110cal) WITH A SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

28

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

29

CHOCOLATE FROSTED (18g 96cal) DONUT (27g 300cal), ASSORTED FRUIT OR FRUIT JUICE

30

SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

31

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.

