

Monday
Tuesday
Wednesday
Thursday
Friday

VEGETABLE
 SUB GROUPS
 DARK GREEN
 RED/ORANGE
 LEGUMES
 STARCHY
 OTHERS

6
 NACHO CHIPS(21g 150cal), SPICY CHICKEN (3g 86cal), NACHO CHEESE, **GRAPE TOMATOES**, SHREDDED LETTUCE, **BLACK BEANS**, SPANISH RICE, PEARS OR FRESH FRUIT

7
 CHILI DOGS (4g 170cal) ON BUN (27g 140cal), HOMEMADE MAC(41g 200cal) AND CHEESE, **CRINKLE CUT FRIES** OR **FRESH BROCCOLI**, PEACHES OR FRESH FRUIT

8
 CHICKEN NUGGETS (9g 170cal), **MASHED POTATOES** (27g 300cal), OR **CARROT STICKS**, APPLE SAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE(19g 100cal)

9
 BBQ CHICKEN (3g 86cal)ON BUN(27g 140cal), **BAKED BEANS** OR CUCUMBER SLICES, CINNAMON APPLE SAUCE OR FRESH FRUIT

10
 SACK LUNCH WITH STRAWBERRY UNCRUSTABLES (32g 320cal), CHEESE STICKS, DORITOS (20g 130cal), **CARROT STICKS**, APPLE



14
 HAVE A GREAT TIME

15
 ON SPRING

16
 BREAK!

17

20
 CHEESE BURGER (9g 170cal) ON BUN(27g 140cal), PICKLE SPEARS, **SEASONED WEDGES**, OR **FRESH BROCCOLI**, FRUIT COCKTAIL OR FRESH FRUIT

21
 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

22
 CHICKEN NUGGETS (9g 170cal), **MASHED POTATOES** (27g 300cal), OR **CARROT STICKS**, APPLE SAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)

23
 CHICKEN (20g 200cal) SOFT TACOS(20g 200cal), SHREDDED CHEESE, **GRAPE TOMATOES**, SHREDDED LETTUCE OR **BLACK BEANS**, SPANISH RICE, STRAWBERRY CUPS OR FRESH FRUIT

24
 CHEESE OR PEPPERONI PIZZA(36g 350cal), SWEET CORN OR **ROMAINE SALAD**, PINEAPPLE TIDBITS OR FRESH FRUIT, GOGURT

27
 NACHO CHIPS(21g 150cal), TACO MEAT, NACHO CHEESE, **GRAPE TOMATOES**, SHREDDED LETTUCE, **BLACK BEANS**, OR **BLACK BEANS**, SPANISH RICE, PEARS OR FRESH FRUIT

28
 CORN DOG(30g 240cal), HOMEMADE MAC(41g 200cal)AND CHEESE, **POTATOE WEDGES** OR **FRESH BROCCOLI**, PEACHES OR FRESH FRUIT

29
 CHICKEN NUGGETS (9g 170cal), **MASHED POTATOES** (27g 300cal), OR **CARROT STICKS**, APPLE SAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)

30
 CHEESE AND CHICKEN(1g 66cal) ENCHILDAS (9g 170cal) WITH QUESO BLANCO SAUCE, **REFRIED BEANS** OR **CARROT STICKS**, FRUIT COCKTAIL OR AN APPLE, GRAHAM CRACKERS(19g 100cal)

31
 SHRIMP POPPERS (22g 230cal), PASTA(21g 105cal) WITH **TOMATOE SAUCE**, GREEN BEANS OR **FRESH BROCCOLI**, APPLE SAUCE OR FRESH FRUIT

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.

