

**LUNCH**

A MIX OF AVAILABLE VEGETABLE SUB GROUPS INCLUDING DARK GREEN, RED/ORANGE, LEGUMES, STARCHY, AND OTHERS VEGETABLES WILL BE SERVED ON THE SALAD BAR ON A DAILY BASIS.

**MAY 2017**  
Forsyth High School

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 Tuesday Wednesday Thursday Friday**

**1**  
CORN DOG(30g 240), HOMEMADE MAC(41g 200cal)AND CHEESE, POTATOE WEDGES, PEACHES

**2**  
CHICKEN AND NOODLES (6.06g 274cal) FRESH ROLL (2g 120cal), GREEN BEANS, SPICED CHERRIES

**3**  
CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), APPLESAUCE, CHOCOLATE CHIP COOKIE (19g 100cal)

**4**  
POTATO CRUNCH FISH STICKS (14g 290cal), Hush Puppies (10g 190cal), GREEN BEANS, APPLE SAUCE

**5**  
CHEESY BOSCO STICKS(36g 350cal), MARINARA DIPPING SAUCE, SWEET CORN, PINEAPPLE TIDBITS, GOGURT

**8**  
GRANDDAD'S FAVORITE MEATLOAF, MASHED POTATOES WITH GRAVY(3g 15cal), FRESH HOT ROLLS(27g 140cal), MANDARIN ORANGES

**9**  
ORIENTAL SPICED CHICKEN (19g 150cal) WITH RICE (37g 170cal), EGG ROLL (19g 180cal), MIXED VEGGIES (ORIENTAL BLEND), SPICED CHERRIES

**10**  
CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), APPLESAUCE, CHOCOLATE CHIP COOKIE (19g 100cal)

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

**12**  
CHEESE OR PEPPERONI PIZZA(36g 350cal), SWEET CORN, PINEAPPLE TIDBITS, GOGURT

**15**  
NACHO CHIPS(21g 150cal), TACO MEAT, NACHO CHEESE, GRAPE TOMATOES, SHREDDED LETTUCE , BLACK BEANS, SPANISH RICE, PEARS

**16**  
CORN DOG(30g 240), HOMEMADE MAC(41g 200cal)AND CHEESE, POTATOE WEDGES, PEACHES

**17**  
CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), APPLESAUCE, CHOCOLATE CHIP COOKIE (19g 100cal)

**18**  
SACK LUNCH WITH STRAWBERRY UNCRUSTABLES (32g 320cal), CHEESE STICKS, DORITOS (20g 130cal), CARROT STICKS, APPLE



**22 23 24 25**  
**HAVE A GREAT SUMMER**



**31**

THIS YEAR WE WILL BE AN "OFFER-VS-SERVE" SCHOOL DISTRICT. STUDENTS GET THE OPPORTUNITY TO CHOOSE DIFFERENT MENU ITEMS. FOODS FROM THE FIVE FOOD GROUPS WILL BE OFFERED. STUDENTS MAY CHOOSE FOOD 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 FULL SERVING OF FRUIT OR A 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 TATER TOTS OR CRINKLE CUT FRIES. 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. 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.