

Monday

Tuesday

Wednesday

Thursday

Friday

**Happy Labor Day!**



**4**  
PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE

**5**  
CHOCOLATE FROSTED (18g 96cal) DONUT (27g 300cal), ASSORTED FRUIT OR FRUIT JUICE

**6**  
SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

**1**  
BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), ASSORTED FRUIT OR FRUIT JUICE

**8**  
BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), ASSORTED FRUIT OR FRUIT JUICE

**11**  
MAPLE BURSTIN PANCAKES (41g 230cal) WITH SYRUP (6g, 15cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

**12**  
PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE

**13**  
GLAZED BREAKFAST BUN (48g 300cal), ASSORTED FRUIT OR FRUIT JUICE

**14**  
SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

**15**  
BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), ASSORTED FRUIT OR FRUIT JUICE

**18**  
MINI WAFFLES (37g, 220cal) WITH SYRUP (6g, 15cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

**19**  
PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE

**20**  
CHOCOLATE FROSTED (18g 96cal) DONUT (27g 300cal), ASSORTED FRUIT OR FRUIT JUICE

**21**  
SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE



**25**  
MINI FRENCH TOAST (37g, 220cal) WITH SYRUP (6g, 15cal), SAUSAGE PATTY (2g 160cal), ASSORTED FRUIT OR FRUIT JUICE

**26**  
PANCAKE AND SAUSAGE ON A STICK (21g 220cal), ASSORTED FRUIT OR FRUIT JUICE

**27**  
FRESHLY BAKED GLAZED(7g 25cal) CINNAMON ROLL(54g 340cal), ASSORTED FRUIT OR FRUIT JUICE

**28**  
SAUSAGE BREAKFAST PIZZA (26g, 210 Cal), ASSORTED FRUIT OR FRUIT JUICE

**29**  
BISCUIT (28g 210cal) WITH SAUSAGE PEPPERED GRAVY (5g 45cal), ASSORTED FRUIT OR FRUIT JUICE

ALL SCHOOL MEALS INCLUDE YOUR CHOICE OF 1% WHITE MILK (11g 80cal), 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. STUDENTS GET THE OPPORTUNITY TO CHOOSE DIFFERENT MENU ITEMS. AT BREAKFAST STUDENTS WILL BE OFFERED FOUR DIFFERENT ITEMS, THEY MUST CHOOSE AT LEAST THREE ITEMS AND ONE ITEM MUST BE A SERVING OF FRUIT OR A FRUIT JUICE. STUDENTS MAY TAKE ALL FOUR ITEMS AT THE START OF EACH NEW SCHOOL YEAR IT IS REQUIRED THAT A NEW APPLICATION FOR THE FREE OR REDUCED MEAL PROGRAM MUST BE SUBMITTED FOR ALL THAT COMPLETE AN APPLICATION YOU WILL BE ENTERED IN A DRAWING TO WIN ONE OF TWO NEW TABLETS WITH A CASE. 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.