

SEPTEMBER 2017

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

Tuesday

Wednesday

Thursday

Friday

Happy Labor Day!



4

SHRIMP POPPERS (22g 230cal), Hush Puppies (10g 190cal), GREEN BEANS, APPLESAUCE CUPS OR FRESH FRUIT

5

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

6

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

7

CHEESY PEPPERONI POCKET (40g 330cal), SWEET CORN, PINEAPPLE TIDBITS OR FRESH FRUIT, FRUIT ROLL-UPS

8

11

NACHO CHIPS(21g 150cal), TACO MEAT, NACHO CHEESE, GRAPE TOMATOES AND SHREDDED, SPANISH RICE, PEARS OR FRESH FRUIT

12

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

13

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

14

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

15

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

18

CORN DOG(30g 240), HOMEMADE MAC(41g 200cal)AND CHEESE, POTATO WAVES, PEACHES OR FRESH FRUIT

19

HOT CHEESE AND HAM POCKET (29g 290cal), VEGETABLE BLEND(BROCCOLI, CARROTS, CAULIFLOWER, ZUCCHINI, AND YELLO SQUASH) , PINEAPPLE TIDBITS OR FRESH FRUIT, FRUIT ROLL-UPS

20

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

21

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

22



25

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

26

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

27

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

28

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

29

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

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. AT THE START OF EACH NEW SHOOOL YEAR WE ASK THAT ALL PARENTS COMPLETE AN APPLICATION FOR THE FREE OR REDUCED MEAL PROGRAM. 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.