

Monday

Tuesday

Wednesday

Thursday

Friday

FREE AND REDUCED LUNCH APPLICATIONS CAN BE PROCESSED AT ANY TIME OF THE YEAR. ONLINE APPLICATIONS ARE AVAILABLE THROUGH THE PARENT PORTAL BY SELECTING "MORE" THEN "MEAL BENEFITS." FOR ADDITIONAL INFORMATION PLEASE FEEL FREE TO CONTACT THE FOOD SERVICE DEPARTMENT. THE FORSYTH SCHOOL DISTRICT OPERATES UNDER THE GUIDELINES SET BY THE DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION AND USDA THROUGH THE NATIONAL SCHOOL LUNCH PROGRAM AND THE SCHOOL BREAKFAST PROGRAM. MENUS AND MEAL PRICES ARE AVAILABLE ON OUR SCHOOL WEBSITE FORSYTHPANTHERS.ORG

1
CHICKEN NUGGETS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

2
SPICY CHICKEN WITH CREAMY PASTA SAUCE OVER RIGATONI NOODLES, GARLIC BREADSTICK, ROMAINE SALAD OR CARROT STICKS, FRESH FRUIT



LUNCH PRICES
PreK-4 Full Price \$ 2.45
5-8 Full Price \$2.55
9-12 Full Price \$2.65
Reduced Price \$.40
Adult Price \$3.70

7
ORIENTAL SPICED CHICKEN (20g), RICE (38g), EGG ROLL (20g), ORIENTAL BLEND VEGGIES OR CUCUMBER SLICES, PINEAPPLE RINGS OR FRESH FRUIT

8
CHICKEN NUGGETS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

9
BEEF AND CHEESE BURRITO (22g) IN QUESO SAUCE, SPANISH RICE (38g), STREET CORN OR FRESH BROCCOLI, FRUIT COCKTAIL OR FRESH FRUIT

10
CHEESY LASAGNA ROLL-UPS (23g), BREADSTICK (27g), MARINARA DIPPING SAUCE, ROMAINE SALAD, MIXED FRUIT CUP OR FRESH FRUIT, GOGURT

VEGETABLE SUB GROUPS
DARK GREEN
RED/ORANGE
LEGUMES
STARCHY
OTHERS

14
CHEESY BOSCO BREADSTICKS (25g), MARINARA DIPPING SAUCE, ROMAINE SALAD OR FRESH BROCCOLI, PEACHES OR FRESH FRUIT

15
CHICKEN NUGGETS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

16
BREADED CORN DOG (23g), MACARONI AND CHEESE, TATER TOTS OR FRESH BROCCOLI, PEACHES OR FRESH FRUIT

17
PEPPERONI PIZZA (24g), CORN OR CARROT STICKS, MANDARIN ORANGES OR FRESH FRUIT, GOGURT

20

21
WALKING TACOS (21g 150cal), CHEDDAR CHEESE (2g), TACO MEAT(2g), GRAPE TOMATOES, SHREDDED LETTUCE OR BLACK BEANS, SPANISH RICE, FRESH FRUIT OR MIXED FRUIT

22
CHICKEN NUGGETS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

23
CHEESEBURGER (1.5g) ON A BUN (27g), PICKLE SPEARS, TATER TOTS OR BLACK BEANS, PEARS OR FRESH FRUIT

24
CHICKEN FRIED CHICKEN, MASHED POTATOES (27g 300cal) WITH GRAVY, OR FRESH BROCCOLI OR CARROT STICKS, FRESH HOT ROLL(27g 140cal), MANDARIN ORANGES OR FRESH FRUIT

27

28
CHICKEN AND CHEESE CRISPIITOS (22g), SPANISH RICE (38g), REFRIED BEANS OR FRESH BROCCOLI, PEACH SLICES OR FRESH FRUIT

29
CHICKEN NUGGETS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

30
BBQ PORK ON TORTILLA CHIPS, QUESO CHEESE, BAKED BEANS OR PICKLE SLICES, FRESH FRUIT OR PINEAPPLE SLICES

THE FORSYTH SCHOOL DISTRICT UTILIZES THE "OFFER-VS-SERVE" SCHOOL FOOD PROGRAM. MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS GET THE OPPORTUNITY TO CHOOSE DIFFERENT MENU ITEMS. AT LUNCH STUDENTS WILL BE OFFERED CHOICES FROM FIVE DIFFERENT FOOD GROUPS. STUDENTS MUST CHOOSE AT LEAST THREE CREDIBLE SERVINGS FROM THE FIVE DIFFERENT FOOD GROUPS OFFERED, ONE OF WHICH MUST BE A SERVING OF FRUIT OR A VEGETABLE. STUDENTS MAY SELECT AN ITEM FROM ALL FIVE FOOD GROUPS. STUDENTS IN MIDDLE SCHOOL AND HIGH SCHOOL WILL HAVE ADDITIONAL CHOICES EACH DAY AT LUNCH. ALL SCHOOL MEALS INCLUDE YOUR CHOICE OF 1% SKIM MILK (11g 100cal), OR 1% CHOCOLATE SKIM MILK (24g 130cal). ADDITIONAL ENTRÉE CHOICES TO SATISFY YOUR APPETITE WILL BE OFFERED. CHEESEBURGERS AND CHICKEN PATTY SANDWICHES WILL BE OFFERED AS AN ALTERNATIVE. GRAB AND GO MEAL OPTIONS SUCH AS PREPARED SALADS AND A BROWN BAG MEAL WITH A PB&J, CHIPS, VEGGIES AND FRUIT SERVING PAIRED WITH A MILK OF YOUR CHOICE WILL BE OFFERED. MEALS ARE PROVIDED ON A FIRST COME, FIRST SERVE BASIS. PLEASE CONTACT THE FOOD SERVICES OFFICES AT 546-6384, IF YOU HAVE ANY QUESTIONS. THE FORSYTH R-III SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.