

Monday



2

Tuesday

3

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

Wednesday

4

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

Thursday

5

BBQ PORK RIB ON A BREAD ROLL, FRENCH FRIES, CUCUMBER SLICES, PEARS OR FRESH FRUIT, RAINBOW SHERBET

Friday

6

CHICKEN BITES WITH PASTA WITH ALFREDO SAUCE, BREADSTICK, ROMAINE SALAD OR CARROT STICKS, FRESH FRUIT, GOGURT

LUNCH PRICES

9

Pre-K-4 Full Price \$ 2.45
5-8 Full Price \$2.55
9-12 Full Price \$2.65
Reduced Price \$.40
Adult Price \$3.20

10

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

11

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

12

CHICKEN AND CHEESE CRISPITO (22g), SPANISH RICE (38g), REFRIED BEANS OR FRESH BROCCOLI, FRUIT COCKTAIL OR FRESH FRUIT

13

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

16

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

17

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

18

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

19

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

20

BAKED HAM, CHEESEY MASHED POTATOES (27g 300cal), BAKED CARROTS, HOT ROLLS, APPLESAUCE, OR FRESH FRUIT

23



24

25



26

27

30

31

HAPPY NEW YEAR!
SEE YOU IN
2025!

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 PATTIE 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.