

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>HAPPY NEW YEAR</b>	1	2	3
6 At breakfast students are required to take a minimum of three items offered, one of which must be a fruit or vegetable	7 BISCUIT (23g) WITH SAUSAGE PATTIE, ASSORTED FRUIT OR FRUIT JUICE	8 GENERAL MILLS CEREAL PACKS (21-24g), ASSORTED FRUIT OR FRUIT JUICE	9 EGG OMELETE WITH CHEESE, SAUSAGE PATTIE, ASSORTED FRUIT OR FRUIT JUICE	10 SAUSAGE PATTIE WITH WAFFLE BUN (14g), ASSORTED FRUIT OR FRUIT JUICE
13	14 GENERAL MILLS CEREAL PACKS (21-24g), ASSORTED FRUIT OR FRUIT JUICE	15 YOGURT PARFAIT WITH ASSORTED FRUIT, GRANOLA, FRUIT JUICE	16 BACON, EGG, AND CHEESE BREAKFAST EXTRAVAGANZA, ASSORTED FRUIT OR FRUIT JUICE	17 BISCUIT (23g), CHICKEN PATTIE (0g) WITH CHEESE, ASSORTED FRUIT OR FRUIT JUICE
20	21 PANCAKE ON A STICK, ASSORTED FRUIT OR FRUIT JUICE	22 BISCUIT (23g) WITH EGG PATTY AND CHESSE, ASSORTED FRUIT OR FRUIT JUICE	23 GENERAL MILLS CEREAL PACKS (21-24g), ASSORTED FRUIT OR FRUIT JUICE	24 EGG OMELETE WITH CHEESE, SAUSAGE PATTIE, ASSORTED FRUIT OR FRUIT JUICE
27	28 GENERAL MILLS CEREAL PACKS (21-24g), ASSORTED FRUIT OR FRUIT JUICE	29 YOGURT PARFAIT WITH ASSORTED FRUIT, GRANOLA, FRUIT JUICE	30 BACON, EGG, AND CHEESE BREAKFAST EXTRAVAGANZA, ASSORTED FRUIT OR FRUIT JUICE	31 BISCUIT (23g), CHICKEN PATTIE (0g) WITH CHEESE, ASSORTED FRUIT OR FRUIT JUICE

THE FORSYTH SCHOOL DISTRICT UTILIZES THE "OFFER-VS-SERVE" SCHOOL FOOD PROGRAM.

AT BREAKFAST STUDENTS MUST CHOOSE AT LEAST THREE CREDIBLE SERVINGS FROM THE DIFFERENT FOOD GROUPS OFFERED, ONE OF WHICH MUST BE A SERVING OF FRUIT OR VEGETABLES. ALL SCHOOL MEALS INCLUDE YOUR CHOICE OF 1% SKIM MILK OR 1% CHOCOLATE SKIM MILK. 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.