

Monday

Tuesday

Wednesday

Thursday

Friday



1
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 WE RESERVE THE RIGHT TO CHANGE MENU ITEMS WITHOUT PRIOR NOTICE.

2

3

LUNCH PRICES
 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

6
 7
PULLED PORK (1g), TORTILLA CHIPS(21g), WITH QUESO CHEESE SAUCE (1g), BAKED BEANS OR FRESH BROCCOLI, PEARS OR FRESH FRUIT

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

9
BBQ PORK ON A BREAD ROLL, FRENCH FRIES, CUCUMBER SLICES, PEARS OR FRESH FRUIT, RAINBOW SHERBET

10
CHICKEN BITES WITH PASTA WITH ALFREDO SAUCE, BREADSTICK, ROMAINE SALAD OR CARROT STICKS, FRESH FRUIT, GOGURT

13

14
ORIENTAL SPICED CHICKEN (20g), RICE (38g), EGG ROLL (20g), ORIENTAL BLEND VEGGIES OR CUCUMBER SLICES, PINEAPPLE RINGS OR FRESH FRUIT

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

16
PASTA WITH ALFREDO SAUCE, GRILLED CHICKEN, BREAD STICK, ROMAINE SALAD OR CARROT STICKS, FRESH FRUIT, GOGURT

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

20

21
TERIYAKI BEEF (23g), STIR FRY NOODLES (38g), BROCCOLI OR CUCUMBER SLICES, PINEAPPLE RINGS OR FRESH FRUIT

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

23
CHICKEN AND CHEESE CRISPITO (22g), SPANISH RICE (38g), REFRIED BEANS OR FRESH BROCCOLI, FRUIT COCKTAIL OR FRESH FRUIT

24
CHICKEN AND DUMPLINGS, CORNBREAD, MIXED VEGETABLES, OR CARROT STICKS, FRESH FRUIT, GOGURT

27

28
WALKING TACOS (21g 150cal), CHEDDAR CHEESE (2g), TACO MEAT(2g), GRAPE TOMATOES, SHREDDED LETTUCE OR BLACK BEANS, SPANISH RICE, FRESH FRUIT OR MANDARIN ORANGES

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

30
CHEESY BOSCO BREADSTICKS (25g), MARINARA DIPPING SAUCE, ROMAINE SALAD OR FRESH BROCCOLI, PEACHES OR FRESH FRUIT

31
BEEF AND CHEESE BURRITO (22g) IN QUESO SAUCE, SPANISH RICE (38g), STREET CORN OR FRESH BROCCOLI, FRUIT COCKTAIL OR FRESH FRUIT

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.