

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST PRICES 4
Pre-K-12
Full Price \$ 1.30
Reduced Price \$.30
Adult Price \$2.00

At breakfast students are 1
required to take a minimum of
three items offered, one of which
must be a fruit or
Vegetable

18
OATMEAL (20g) WITH YOUR CHOICE OF
TOPPINGS, ASSORTED FRUIT OR FRUIT
JUICE



25



5
OATMEAL (20g) WITH YOUR CHOICE OF
TOPPINGS, ASSORTED FRUIT OR FRUIT
JUICE

12
OATMEAL (20g) WITH YOUR CHOICE OF
TOPPINGS, ASSORTED FRUIT OR FRUIT
JUICE

19
CHOCOLATE FROSTED LONG JOHN
(45g), ASSORTED FRUIT OR FRUIT
JUICE

6
CHOCOLATE MUFFIN WITH CHOCOLATE
CHIPS (27g), ASSORTED FRUIT OR FRUIT
JUICE

13
FRESHLY BAKED CINNAMON ROLL
(32g), ASSORTED FRUIT OR FRUIT
JUICE

20
CHEESE PIZZA WITH CRUMBLED
BREAKFAST SAUSAGE (35g), OATMEAL
(20g) WITH YOUR CHOICE OF TOPPINGS,
ASSORTED FRUIT OR FRUIT JUICE

27



7
CHEESE PIZZA WITH CRUMBLED
BREAKFAST SAUSAGE (35g), OATMEAL
(20g) WITH YOUR CHOICE OF TOPPINGS,
ASSORTED FRUIT OR FRUIT JUICE

14
CHEESE PIZZA WITH CRUMBLED
BREAKFAST SAUSAGE (35g), OATMEAL
(20g) WITH YOUR CHOICE OF TOPPINGS,
ASSORTED FRUIT OR FRUIT JUICE

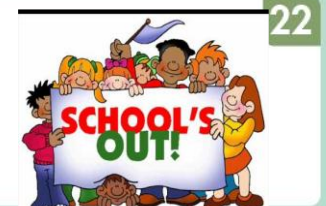
21
BISCUIT (23g) WITH SAUSAGE GRAVY
(0g), ASSORTED FRUIT OR FRUIT JUICE

28

1
BISCUIT (23g) WITH SAUSAGE GRAVY
(0g), ASSORTED FRUIT OR FRUIT JUICE

8
BISCUIT (23g) WITH SAUSAGE GRAVY
(0g), ASSORTED FRUIT OR FRUIT JUICE

15
BISCUIT (23g) WITH SAUSAGE GRAVY
(0g), ASSORTED FRUIT OR FRUIT JUICE



22

29

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 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. A VARIETY OF GRAIN ENRICHED PRODUCTS IN ADDITION TO THE CHOICES LISTED ON THE MENU WILL BE OFFERED. PRODUCTS INCLUDE GENERAL MILLS CEREALS, FRENCH TOAST STICKS, FRUIT PARFAITS, AND BREAKFAST SANDWICHES ALONG WITH YOUR CHOICE OF A FRUIT OR 100% FRUIT JUICE. MEALS ARE PROVIDED ON A FIRST COME, FIRST SERVE BASIS. 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.