

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



LUNCH PRICES 4
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

5
 ORIENTAL SPICED MEATBALLS, RICE(38g), EGG ROLL (20g), PEAS AND CARROTS, PEACHES OR FRESH FRUIT

6
 CHICKEN NUGGETS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

7
 BREADED CORN DOG (23g), MACARONI AND CHEESE, TATER TOTS OR FRESH BROCCOLI, PEACHES OR FRESH FRUIT

8
 SPICY CHICKEN WITH CREAMY PASTA SAUCE OVER RIGATONI NOODLES, GARLIC BREADSTICK, ROMAINE SALAD OR CARROT STICKS, FRESH FRUIT

11
VEGETABLE SUB GROUPS
 DARK GREEN
 RED/ORANGE
 LEGUMES
 STARCHY
 OTHERS

12
 ORIENTAL SPICED CHICKEN (20g), RICE (38g), EGG ROLL (20g), ORIENTAL BLEND VEGGIES OR CUCUMBER SLICES, PINEAPPLE RINGS OR FRESH FRUIT

13
 CHICKEN NUGGETS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

14
 CHEESEBURGER (1.5g) ON A BUN (27g), PICKLE SPEARS, TATER TOTS OR BLACK BEANS, PEARS OR FRESH FRUIT

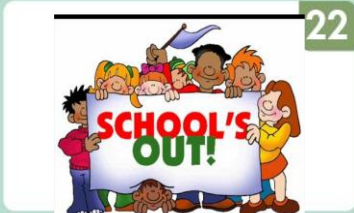
15
 CHICKEN FRIED CHICKEN, MASHED POTATOES (27g 300cal) WITH GRAVY, OR FRESH BROCCOLI OR CARROT STICKS, FRESH HOT ROLL(27g 140cal), MANDARIN ORANGES OR FRESH FRUIT

18
 WALKING TACOS (21g 150cal), CHEDDAR CHEESE (2g), TACO MEAT(2g), GRAPE TOMATOES, SHREDDED LETTUCE OR BLACK BEANS, SPANISH RICE, FRESH FRUIT OR MIXED FRUIT

19
 CHEESY BOSCO BREADSTICKS (25g), MARINARA DIPPING SAUCE, ROMAINE SALAD OR FRESH BROCCOLI, PEACHES OR FRESH FRUIT

20
 CHICKEN NUGGETS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

21
 BBQ PORK RIB ON A BREAD ROLL, POTATOE WEDGES, CUCUMBER SLICES, PEARS OR FRESH FRUIT, RAINBOW SHERBET



27

28

29