LUNCH

NOVEMBER 2026

FORSYTH SCHOOL DISTRICT

Parents, you can make payments online through the "Parent Portal" via Infinite Campus. You may also make payment by cash or check in your Student's building office or in call the Food Service Office and make a payment with a credit card.

Monday	Tuesday	Wednesday	Thursday	Friday
2 **LUNCH PRICES** **PreK–4 Full Price $ 2.55** **5-8 Full Price $2.65** **9-12 Full Price $2.75** **Reduced Price $.40** **Adult Price $3.70**	**3** CHEESY BOSCO BREADSTICKS (25g), MARINARA DIPPING SAUCE, ROMAINE SALAD OR FRESH BROCCOLI, PEACHES OR FRESH FRUIT	**4** CHICKEN TENDERS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)	**5** BBQ PORK ON TORTILLA CHIPS, QUESO CHEESE, BAKED BEANS OR PICKLE SLICES, FRESH FRUIT OR PINEAPPLE SLICES	**6** CHICKEN LEG, MASHED POTATOES (27g 300cal) WITH GRAVY, OR FRESH BROCCOLI OR CARROT STICKS, FRESH HOT ROLL(27g 140cal), MANDARIN ORANGES OR FRESH FRUIT
9 WALKING TACO (21g 150cal), CHEDDAR CHEESE (2g), TACO MEAT(2g), GRAPE TOMATOES, SHREDDED LETTUCE OR BLACK BEANS, SPANISH RICE, FRESH FRUIT OR MIXED FRUIT	**10** CHICKEN PATTY WITH CREAMY PASTA SAUCE OVER RIGATONI NOODLES , GARLIC BREADSTICK, ROMAINE SALAD OR CARROT STICKS, FRESH FRUIT	**11** CHICKEN TENDERS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)	**12** LO MEIN NOODLES (20g) TERIYAKI TEMPURA CHICKEN, (38g), EGG ROLL (20g), MIXED BLEND VEGGIES OR CUCUMBER SLICES, PINEAPPLE RINGS OR FRESH FRUIT	**13** CHEESY LASAGNA ROLL-UPS (23g), BREADSTICK (27g), MARINARA DIPPING SAUCE, ROMAINE SALAD, PEARS OR FRESH FRUIT, GOGURT
16 VEGETABLE SUB GROUPS DARK GREEN RED/ORANGE LEGUMES STARCHY OTHERS	**17** ORIENTAL SPICED CHICKEN (20g), RICE (38g), EGG ROLL (20g), ORIENTAL BLEND VEGGIES OR CUCUMBER SLICES, PINEAPPLE RINGS OR FRESH FRUIT	**18** CHICKEN TENDERS (9.5g), MASHED POTATOES (27g) OR CARROT STICKS, ROLL, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)	**19** BEEF AND CHEESE BURRITO (22g) IN QUESO SAUCE, SPANISH RICE (38g), STREET CORN OR FRESH BROCCOLI, FRUIT COCKTAIL OR FRESH FRUIT	**20** CHEESEBURGER (1.5g) ON A BUN (27g), PICKLE SPEARS, TATER TOTS OR BLACK BEANS, PEARS OR FRESH FRUIT
23 PEPPERONI PIZZA (24g), CORN OR CARROT STICKS, MANDARIN ORANGES OR FRESH FRUIT, GOGURT	**24** ROAST TURKEY, STUFFING), MASHED POTATOES (27g 300cal), GREEN BEANS, HOT ROLLS, CRANBERRY SAUCE OR FRESH FRUIT, PUMPKIN PIE WITH WHIPPED TOPPING	**25** 	**26** 	**27** 
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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

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 WHOLE MILK (11g 100cal), OR 1% CHOCOLATE SKIM MILK (24g 130cal). ADDITIONAL ENTRÉE CHOICES TO SATISFY YOUR APPETITE WILL BE OFFERED. CHEESEBURGERS AND CHICKEN PATTY 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 417-546-6384, IF YOU HAVE ANY QUESTIONS. THE FORSYTH R-III SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.