



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**BREAKFAST PRICES** **2**  
 Pre-K-12 Full Price \$ 1.30  
 Reduced Price \$.30  
 Adult Price \$1.80  
 Please remember to make  
 Payment in advance on your  
 Student Account.

**3**  
 OATMEAL (20g) WITH YOUR CHOICE OF  
 TOPPINGS, ASSORTED FRUIT OR FRUIT  
 JUICE

**4**  
 CHOCOLATE FROSTED LONG JOHN  
 (45g), ASSORTED FRUIT OR FRUIT JUICE

**5**  
 CHEESE PIZZA WITH CRUMBLED  
 BREAKFAST SAUSAGE (35g),  
 ASSORTED FRUIT OR FRUIT JUICE

**6**  
 BISCUIT (23g), SAUSAGE PATTIE (0g),  
 ASSORTED FRUIT OR FRUIT JUICE

**9**  
 At breakfast students are  
 required to take a minimum of  
 three items offered, one of which  
 must be a fruit or  
 Vegetable

**10**  
 OATMEAL (20g) WITH YOUR CHOICE OF  
 TOPPINGS, ASSORTED FRUIT OR FRUIT  
 JUICE

**11**  
 FRESHLY BAKED CINNAMON ROLL  
 (32g), ASSORTED FRUIT OR FRUIT JUICE

**12**  
 CHEESE PIZZA WITH CRUMBLED  
 BREAKFAST SAUSAGE (35g),  
 ASSORTED FRUIT OR FRUIT JUICE

**13**  
 BISCUIT (23g), SAUSAGE PATTIE (0g),  
 ASSORTED FRUIT OR FRUIT JUICE

**16**

**17**  
 OATMEAL (20g) WITH YOUR CHOICE OF  
 TOPPINGS, ASSORTED FRUIT OR FRUIT  
 JUICE

**18**  
 CHOCOLATE CHIP MUFFIN (27g),  
 ASSORTED FRUIT OR FRUIT JUICE

**19**  
 CHEESE PIZZA WITH CRUMBLED  
 BREAKFAST SAUSAGE (35g),  
 ASSORTED FRUIT OR FRUIT JUICE

**20**  
 BISCUIT (23g), SAUSAGE PATTIE (0g),  
 ASSORTED FRUIT OR FRUIT JUICE

**23**

**24**  
 OATMEAL (20g) WITH YOUR CHOICE OF  
 TOPPINGS, ASSORTED FRUIT OR FRUIT  
 JUICE

**25**  
 "BLUEBERRY SNACKN WAFFLES"  
 (37g), WITH A SAUSAGE PATTY,  
 ASSORTED FRUIT OR FRUIT JUICE

**26**  
 CHEESE PIZZA WITH CRUMBLED  
 BREAKFAST SAUSAGE (35g),  
 ASSORTED FRUIT OR FRUIT JUICE

**27**  
 BISCUIT (23g), SAUSAGE PATTIE (0g),  
 ASSORTED FRUIT OR FRUIT JUICE

**30**



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

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, PANCAKES, 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