



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

At breakfast students are **2** required to take a minimum of three items offered, one of which must be a fruit or Vegetable

**3**  
 BISCUIT (23g) WITH SAUSAGE PATTIE AND CHEESE (0g), ASSORTED FRUIT OR FRUIT JUICE

**4**  
 GENERAL MILLS CEREAL PACKS (21-24g), ASSORTED FRUIT OR FRUIT JUICE

**5**  
 EGG PATTIE OMELETE (0g) WITH CHEESE, SUASAGE PATTIE, ASSORTED FRUIT OR FRUIT JUICE

**6**  
 MINI BAGELS WITH CINNAMON CREAM (41g), ASSORTED FRUIT OR FRUIT JUICE

**9**

**10**  
 BACON EGG AND CHEESE BREAKFAST EXTRAVAGANZA, ASSORTED FRUIT OR FRUIT JUICE

**11**  
 YOGURT PARFAIT WITH ASSORTED FRUIT, GRANOLA, FRUIT JUICE

**12**  
 PANCAKE ON A STICK, ASSORTED FRUIT OR FRUIT JUICE

**13**  
 BISCUIT (23g), CHICKEN PATTIE (0g) WITH CHEESE, ASSORTED FRUIT OR FRUIT JUICE

**16**

**17**  
 BISCUIT (23g) WITH SAUSAGE PATTIE AND CHEESE (0g), ASSORTED FRUIT OR FRUIT JUICE

**18**  
 GENERAL MILLS CEREAL PACKS (21-24g), ASSORTED FRUIT OR FRUIT JUICE

**19**  
 EGG PATTIE OMELETE (0g) WITH CHEESE, SUASAGE PATTIE, ASSORTED FRUIT OR FRUIT JUICE

**20**  
 MINI BAGELS WITH CINNAMON CREAM (41g), ASSORTED FRUIT OR FRUIT JUICE

**23**

**24**  
 BACON EGG AND CHEESE BREAKFAST EXTRAVAGANZA, ASSORTED FRUIT OR FRUIT JUICE

**25**  
 YOGURT PARFAIT WITH ASSORTED FRUIT, GRANOLA, FRUIT JUICE

**26**  
 PANCAKE ON A STICK, ASSORTED FRUIT OR FRUIT JUICE

**27**  
 BISCUIT (23g), CHICKEN PATTIE (0g) WITH CHEESE, 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.

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. 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.