

Monday

LUNCH PRICES

2
 Pre-K-4 Full Price \$ 2.45
 5-8 Full Price \$2.55
 9-12 Full Price \$2.65
 Reduced Price \$.40
 Adult Price \$3.20



Tuesday

3
 BACON CHEESEBURGER (1.5g) ON BUN (27g), PICKLE SPEARS, **TATER TOTS** OR **BLACK BEANS**, PEACHES FRESH FRUIT

Wednesday

4
 CHICKEN NUGGETS (9.5g), **MASHED POTATOES** (27g) OR **CARROT STICKS**, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

Thursday

5
 PASTA WITH ALFREDO SAUCE, GRILLED CHICKEN, BREAD STICK, **ROMAINE SALAD** OR **CARROT STICKS**, FRESH FRUIT, GOGURT

Friday

6
 CHEESY BOSCO BREADSTICKS (25g), **MARINARA DIPPING SAUCE**, ROMAINE SALAD OR **FRESH BROCCOLI**, PEACHES OR FRESH FRUIT

9

10
 WALKING TACOS (21g 150cal), CHEDDAR CHEESE (2g), TACO MEAT(2g), **GRAPE TOMATOES**, SHREDDED LETTUCE OR **BLACK BEANS**, SPANISH RICE, FRESH FRUIT OR MANDARIN ORANGES

11

12
 CHICKEN NUGGETS (9.5g), **MASHED POTATOES** (27g) OR **CARROT STICKS**, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

12

13
 CHICKEN PATTY (16g) ON BUN (27g), MAC AND CHEESE (43g), **TATER TOTS** OR **FRESH BROCCOLI**, PINEAPPLE OR FRESH FRUIT

13

16
 PEPPERONI PIZZA (24g), **CORN** OR **CARROT STICKS**, MANDARIN ORANGES OR FRESH FRUIT, GOGURT

16

17
 ORIENTAL SPICED CHICKEN (20g), RICE (38g), EGG ROLL (20g), **ORIENTAL BLEND VEGGIES** OR CUCUMBER SLICES, PINEAPPLE RINGS OR FRESH FRUIT

18

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

19

20
 CHICKEN AND CHEESE CRISITOS (22g), SPANISH RICE (38g), **REFRIED BEANS** OR **FRESH BROCCOLI**, MANDARIN ORANGES OR FRESH FRUIT

20

23
 CHEESY LASAGNA ROLL-UPS (23g) IN MARINARA, BREADSTICK (27g), **MARINARA DIPPING SAUCE**, ROMAINE SALAD, MIXED FRUIT CUP OR FRESH FRUIT, GOGURT

23

24
 WALKING TACOS (21g 150cal), CHEDDAR CHEESE (2g), TACO MEAT(2g), **GRAPE TOMATOES**, SHREDDED LETTUCE OR **BLACK BEANS**, SPANISH RICE, FRESH FRUIT OR MANDARIN ORANGES

25

26
 CHICKEN NUGGETS (9.5g), **MASHED POTATOES** (27g) OR **CARROT STICKS**, APPLESAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g)

26

27
 PULLED PORK ON BUN(27G), MAC AND CHEESE (43g), **TATER TOTS**, CUCUMBER SLICES, MANDARIN ORANGES OR FRESH FRUIT

27

30
 BEEF AND CHEESE BURRITO (22g) IN QUESO SAUCE, SPANISH RICE (38g), **STREET CORN** OR **FRESH BROCCOLI**, FRUIT COCKTAIL OR FRESH FRUIT

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