

SEPTEMBER 2017 FORSYTH K-8 LUNCH MENU

Get the daily school menu by following us on "Twitter" @ "FHS_Cafeteria"
Lunch menus are also available on the school website @ www.forsythpanthers.org

Monday

Tuesday

Wednesday

Thursday

Friday

Happy Labor Day!



4

SHRIMP POPPERS (22g 230cal), Hush Puppies (10g 190cal), GREEN BEANS OR FRESH BROCCOLI, APPLESAUCE CUPS OR FRESH FRUIT

5

CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), OR CARROT STICKS, APPLE SAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)

6

CHICKEN AND CHEESE CRISPITOS (22g 180cal), REFRIED BEANS OR CARROT STICKS, FRUIT COCKTAIL OR AN APPLE, GRAHAM CRACKERS (11g 60cal)

7

CHEESE OR PEPPERONI PIZZA(36g 350cal), SWEET CORN OR ROMAINE SALAD, PINEAPPLE TIDBITS OR FRESH FRUIT, FRUIT ROLL-UPS

1

11

NACHO CHIPS(21g 150cal), TACO MEAT, NACHO CHEESE, GRAPE TOMATOES AND SHREDDED LETTUCE , BLACK BEANS, OR FRESH BROCCOLI, SPANISH RICE, PEARS OR FRESH FRUIT

12

ORIENTAL SPICED CHICKEN (19g 150cal) WITH RICE (37g 170cal), EGG ROLL (19g 180cal), MIXED VEGGIES (ORIENTAL BLEND) OR CARROT STICKS, SPICED CHERRIES OR FRESH FRUIT

13

CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), OR CARROT STICKS, APPLE SAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)

14

CHEESY BOSCO STICKS(36g 350cal), MARINARA DIPPING SAUCE, GREEN BEANS OR ROMAINE SALAD, PINEAPPLE TIDBITS OR FRESH FRUIT, GOGURT

15

CHEESE OR PEPPERONI PIZZA(36g 350cal), SWEET CORN OR ROMAINE SALAD, PINEAPPLE TIDBITS OR FRESH FRUIT, GOGURT

18

CORN DOG(30g 240), HOMEMADE MAC(41g 200cal)AND CHEESE, POTATO WAVES, OR CARROT STICKS, PEACHES OR FRESH FRUIT

19

HOT CHEESE AND HAM POCKET (29g 290cal), VEGETABLE BLEND(BROCCOLI, CARROTS, CAULIFLOWER, ZUCCHINI, AND YELLO SQUASH) OR ROMAINE SALAD, PINEAPPLE TIDBITS OR FRESH FRUIT, FRUIT ROLL-UPS

20

CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), OR CARROT STICKS, APPLE SAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)

21

CHICKEN AND CHEESE CRISPITOS (22g 180cal), REFRIED BEANS OR CARROT STICKS, FRUIT COCKTAIL OR AN APPLE, GRAHAM CRACKERS (11g 60cal)

22



25

NACHO CHIPS(21g 150cal), TACO MEAT, NACHO CHEESE, GRAPE TOMATOES AND SHREDDED LETTUCE , BLACK BEANS, OR FRESH BROCCOLI, SPANISH RICE, PEARS OR FRESH FRUIT

26

ORIENTAL SPICED CHICKEN (19g 150cal) WITH RICE (37g 170cal), EGG ROLL (19g 180cal), MIXED VEGGIES (ORIENTAL BLEND) OR CARROT STICKS, SPICED CHERRIES OR FRESH FRUIT

27

CHICKEN NUGGETS (9g 170cal), MASHED POTATOES (27g 300cal), OR CARROT STICKS, APPLE SAUCE OR FRESH FRUIT, CHOCOLATE CHIP COOKIE (19g 100cal)

28

CHILI DOGS (4g 170cal) ON BUN (27g 140cal), HOMEMADE MAC(41g 200cal) AND CHEESE, CRINKLE CUT FRIES OR FRESH BROCCOLI, PEACHES OR FRESH FRUIT

29

CHEESE OR PEPPERONI PIZZA(36g 350cal), SWEET CORN OR ROMAINE SALAD, PINEAPPLE TIDBITS OR FRESH FRUIT, GOGURT

STUDENTS GET THE OPPORTUNITY TO CHOOSE DIFFERENT MENU ITEMS. STUDENTS WILL BE OFFERED A SELECTION FROM ALL FIVE GROUPS BUT THEY CAN DECLINE ITEMS. STUDENTS MUST CHOOSE AT LEAST THREE OF THE FIVE FOOD GROUPS OFFERED AND MEALS MUST INCLUDE A FRUIT OR VEGETABLE. SEVENTH AND EIGHTH GRADERS WILL HAVE ADDITIONAL ENTRÉE CHOICES TO SATISFY YOUR APPETITE. HAMBURGERS, CHEESE BURGERS, AND CHICKEN PATTIE SANDWICHES SERVED ON A WHOLE GRAIN BUN WILL BE OFFERED ALONG WITH WAVE CUT POTATOES OR CRINKLE CUT FRIES. STUDENTS MAY ALSO REQUEST THE FEATURE VEGETABLE OR FRUIT OR THEY MAY CHOOSE A FRUIT OR VEGETABLE SERVING OFF THE SALAD BAR ALONG WITH THIS MEAL CHOICE. AT THE START OF EACH NEW SHOOOL YEAR WE ASK THAT ALL PARENTS COMPLETE AN APPLICATION FOR THE FREE OR REDUCED MEAL PROGRAM. FOR ALL THAT COMPLETE AN APPLICATION YOU WILL BE ENTERED IN A DRAWING TO WIN ONE OF TWO NEW TABLETS WITH A CASE. 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.