

JANUARY 2022

Forsyth

LUNCH



School Information:



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

Cheeseburger/Fries **3**
Fruit/Veggie

TUESDAY

Taco Salad **4**
Fruit/Veggie

WEDNESDAY

Bacon Chicken **5**
Noodle Bake
Fruit/Veggie

THURSDAY

Sloppy Joe **6**
Fruit/Veggie

FRIDAY

Little Smokies/Mac & Cheese **7**
Fruit/Veggie

Chicken Sandwich **10**
Fruit/Veggie

National Milk Day **11**
Soft Shell Tacos
Fruit/Veggie

Pizza **12**
Fruit/Veggie

Tator Tot Casserole **13**
Fruit/Veggie

Meatball Subs **14**
Fruit/Veggie

Chicken Pot Pie **17**
Fruit/Veggie

Walking Tacos **18**
Fruit/Veggie

Mandarin Orange **19**
Chicken
Fruit/Veggie

National Cheese Lover's Day **20**
Goulash
Fruit/Veggie

Hot Dogs/Baked Beans **21**
Fruit/Veggie

National Compliment Day **24**
Chicken Strips
Fruit/Veggie

Taco Noodle Bake **25**
Fruit/Veggie

Tomato Soup/Grilled **26**
Cheese
Fruit/Veggie

Hamburger Gravy **27**
Mashed Potatoes
Fruit/Veggie

Pizza **28**
Fruit/Veggie

PIR DAY **31**

