

AUGUST 2022

Forsyth Public Schools

BREAKFAST



School Breakfast Pricing:

Student K-12	\$1.25
Reduced K-12	\$0.40
Extra Milk	\$0.40
Adult	\$1.25



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

National Watermelon Day

3

4

5

8

9

10

11

12

15

16

17

18

19

22

23

National Waffle Day
Chocolate Chip Waffle
Fruit/Juice/Milk

24

Mini Bagel
Fruit/Juice/Milk

25

Cold Cereal
Fruit/Juice/Milk

26

Pop Tart
Fruit/Juice/Milk

29

Banana Bread
Fruit/Juice/Milk

30

Breakfast Cookie
Fruit/Juice/Milk

31

