

SEPTEMBER 2022

Forsyth Public Schools

BREAKFAST



School Breakfast Pricing:

Student K-12	\$1.25
Reduced K-12	\$0.30
Extra Milk	\$0.40
Adult	\$1.25



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cinnamon Twist
Fruit/Juice/Milk

1

Cold Cereal
Fruit/Juice/Milk

2

Labor Day
NO SCHOOL

5

Donut
Fruit/Juice/Milk

6

Nutri-Grain Bar
Fruit/Juice/Milk

7

Croissant
Fruit/Juice/Milk

8

Cold Cereal
Fruit/Juice/Milk

9

Granola Bar
Fruit/Juice/Milk

12

Un crustable
Fruit/Juice/Milk

13

Yogurt
Fruit/Juice/Milk

14

Muffin
Fruit/Juice/Milk

15

Cold Cereal
Fruit/Juice/Milk

16

Cereal Bar
Fruit/Juice/Milk

19

Mini Bagel
Fruit/Juice/Milk

20

Pop Tart
Fruit/Juice/Milk

21

First Day of Fall
Chocolate Chip Waffle
Fruit/Juice/Milk

22

Cold Cereal
Fruit/Juice/Milk

23

Banana Bread
Fruit/Juice/Milk

26

Danish
Fruit/Juice/Milk

27

World School Milk Day
Granola Bar
Fruit/Juice/Milk

28

Cinnamon Roll
Fruit/Juice/Milk

29

Cold Cereal
Fruit/Juice/Milk

30