

SEPTEMBER 2022

Forsyth Public Schools

LUNCH



School Lunch Price:

Student K-6 \$2.25
 Student 7-12 \$2.50
 Reduced K-12 \$0.40
 Extra Milk \$0.40
 Adult \$4.25



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Hamburger Gravy/Mashed Potatoes Veggie/Fruit **1**

Pizza Veggie/Fruit **2**

Labor Day
No School **5**

Burritos Veggie/Fruit **6**

Scalloped Potatoes/Ham Veggie/Fruit **7**

Chicken Drumsticks Veggie/Fruit **8**

Beef Sliders Veggie/Fruit **9**

Pulled Pork Sandwich Veggie/Fruit **12**

Quesadilla Veggie/Fruit **13**

Bacon Chicken Noodles Veggie/Fruit **14**

Barber Poles Veggie/Fruit **15**

Pork Fritter Sandwich Veggie/Fruit **16**

Cheeseburgers Veggie/Fruit **19**

Chicken Tacos Veggie/Fruit **20**

Chili/Cinnamon Roll Veggie/Fruit **21**

First Day of Fall
Sloppy Joes Veggie/Fruit **22**

Little Smokies/Mac & Cheese Veggie/Fruit **23**

Chicken Patty Sandwich Veggie/Fruit **26**

Soft Shell Tacos Veggie/Fruit **27**

World School Milk Day
Pizza Veggie/Fruit **28**

Tator Tot Casserole Veggie/Fruit **29**

Birthday Meal
Corn Dogs/Chips Veggie/Fruit **30**