

NOVEMBER 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



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mini Bagel
Fruit/Milk

1

Pop Tart
Fruit/Milk

2

National Sandwich Day
Chocolate Chip Waffle
Fruit/Milk

3

Cold Cereal
Fruit/Milk

4

Banana Bread
Fruit/Milk

7

Danish
Fruit/Milk

8

Granola Bar
Fruit/Milk

9

Cinnamon Roll
Fruit/Milk

10

Veterans Day
PIR DAY-No School

11

Strudel
Fruit/Milk

14

Belvita
Fruit/Milk

15

Scone
Fruit/Milk

16

Yogurt
Fruit/Milk

17

Cold Cereal
Fruit/Milk

18

Mini Bagel
Fruit/Milk

21

Pop Tart
Fruit/Milk

22

Thanksgiving Break
No School

23

Thanksgiving Break
No School

24

Thanksgiving Break
No School

25

French Toast Sticks
Fruit/Milk

28

Donut
Fruit/Milk

29

Nutri-Grain
Fruit/Milk

30

