

# JANUARY 2023

## 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:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

### MONDAY

**Christmas Break**

2

### TUESDAY

Breakfast Bar  
Juice/Milk

3

### WEDNESDAY

Scone  
Juice/Milk

4

### THURSDAY

Yogurt  
Juice/Milk

5

### FRIDAY

Cold Cereal  
Juice/Milk

6

Mini Bagel  
Juice/Milk

9

Pop Tart  
Juice/Milk

10

**National Milk Day**  
Breakfast Cookie  
Juice/Milk

11

Turnover  
Juice/Milk

12

Cold Cereal  
Juice/Milk

13

Mini French Toast  
Juice/Milk

16

Donut  
Juice/Milk

17

Nutri-Grain Bar  
Juice/Milk

18

Croissant  
Juice/Milk

19

Cold Cereal  
Juice/Milk

20

**PIR DAY-No School**

23

**National Compliment Day**  
Uncrustable  
Juice/Milk

24

Yogurt  
Juice/Milk

25

Muffin  
Juice/Milk

26

Cold Cereal  
Juice/Milk

27

Cereal Bar  
Juice/Milk

30

Mini Cinnis  
Juice/Milk

31

