

JANUARY 2023

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



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

Christmas Break

2

TUESDAY

Walking Tacos
Fruit/Veggie

3

WEDNESDAY

Mandarin Orange
Chicken
Fruit/Veggie

4

THURSDAY

Turkey Gravy &
Mashed Potatoes
Fruit/Veggie

5

FRIDAY

Hot Dog/Baked Beans
Fruit/Veggie

6

Chicken Strips
Fruit/Veggie

9

Taco Noodle Skillet
Fruit/Veggie

10

National Milk Day
Meatball Subs
Fruit/Veggie

11

Soup & Sandwich Bar
Fruit/Veggie

12

Calzone
Fruit/Veggie

13

Raviolis
Fruit/Veggie

16

Hard Shell Tacos
Fruit/Veggie

17

Scalloped Potatoes
Fruit/Veggie

18

Chicken Drumsticks
Fruit/Veggie

19

National Cheese Lover's Day
Tomato Soup & Grilled Cheese
Fruit/Veggie

20

PIR DAY-No School

23

National Compliment Day
Quesadilla
Fruit/Veggie

24

Stew/Corn Bread
Fruit/Veggie

25

Barber Poles
Fruit/Veggie

26

Pork Riblet Sandwich
Fruit/Veggie

27

Cheeseburgers/Fries
Fruit/Veggie

30

Birthday Meal
Corn Dog/Chips
Fruit/Veggie

31

