

APRIL 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: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Mini Bagel
Fruit/Milk

3

Pop Tart
Fruit/Milk

4

Breakfast Cookie
Fruit/Milk

5

Turnover
Fruit/Milk

6

EASTER VACATION

7

EASTER VACATION

10

Donut
Fruit/Milk

11

Nutri-Grain Bar
Fruit/Milk

12

Croissant
Fruit/Milk

13

Cold Cereal
Fruit/Milk

14

Granola Bar
Fruit/Milk

17

Uncrustable
Fruit/Milk

18

Yogurt
Fruit/Milk

19

Muffin
Fruit/Milk

20

Cold Cereal
Fruit/Milk

21

Cereal Bar
Fruit/Milk

24

Mini Cinnis
Fruit/Milk

25

Pop Tart
Fruit/Milk

26

Chocolate Chip Waffle
Fruit/Milk

27

Cold Cereal
Fruit/Milk

28