

# MAY 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:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Banana Bread  
Fruit/Milk

1

Danish  
Fruit/Milk

2

Granola Bar  
Fruit/Milk

3

Cinnamon Twist  
Fruit/Milk

4

**Cinco De Mayo**  
Cereal  
Fruit/Milk

5

Apple Strudel  
Fruit/Milk

8

Cereal Bar  
Fruit/Milk

9

Scone  
Fruit/Milk

10

Yogurt  
Fruit/Milk

11

**MUFFINS for MOMS**  
Muffins  
Fruit/Milk

12

Mini Bagel  
Fruit/Milk

15

Pop Tart  
Fruit/Milk

16

Breakfast Cookie  
Fruit/Milk

17

Turnover  
Fruit/Milk

18

Cereal  
Fruit/Milk

19

Mini French Toast  
Fruit/Milk

22

Nutri-Grain Bar  
Fruit/Milk

23

**Last Day**  
Donut  
Fruit/Milk

24

25

26

**Memorial Day**

29

30

31

