



WELCOME BACK COLT FAMILY



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



Monday

3

NO SCHOOL

Tuesday

4

NO SCHOOL

Wednesday

5

NO SCHOOL

Thursday

6

NO SCHOOL

Friday

7

NO SCHOOL

10

NO SCHOOL

11

NO SCHOOL

12

NO SCHOOL

13

CHICKEN BISCUIT
HONEY BUN
CEREAL W/ GRAHAM
CRACKERS

14

CHICKEN CROISSANT
FRENCH TOAST STICKS
CEREAL W/ GRAHAM
CRACKERS

17

CHOCOLATE
MUFFINS W/ YOGURT CUP
CEREAL W/ GRAHAM
CRACKERS

18

CHICKEN BISCUIT
MINI PANCAKES
CEREAL W/ GRAHAM
CRACKERS

19

CHICKEN CROISSANT
HONEY BUN
CEREAL W/ GRAHAM
CRACKERS

20

CHOCOLATE
MUFFINS W/ YOGURT CUP
CEREAL W/ GRAHAM
CRACKERS

21

CHICKEN CROISSANT
FRENCH TOAST STICKS
CEREAL W/ GRAHAM
CRACKERS

24

CHOCOLATE
MUFFINS W/ YOGURT CUP
CEREAL W/ GRAHAM
CRACKERS

25

CHICKEN BISCUIT
MINI PANCAKES
CEREAL W/ GRAHAM
CRACKERS

26

CHICKEN CROISSANT
HONEY BUN
CEREAL W/ GRAHAM
CRACKERS

27

CHOCOLATE
MUFFINS W/ YOGURT CUP
CEREAL W/ GRAHAM
CRACKERS

28

CHICKEN CROISSANT
FRENCH TOAST STICKS
CEREAL W/ GRAHAM
CRACKERS

31

CHOCOLATE
MUFFINS W/ YOGURT CUP
CEREAL W/ GRAHAM
CRACKERS

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