



FORSYTH COUNTY SCHOOLS


Middle School Menu

For individual school's menu go to: www.mealviewer.com



Yellow highlights indicate GLUTEN-FREE option available. Speak with your cafeteria manager about receiving this option.

3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY MAR 1
Lunch is served daily with a variety of fruits and vegetables and a variety of lowfat milk					•Asian Chicken Rice Bowl w/ Spring Roll
ALL fruit and vegetables are gluten-free					•Primo Pizza Cheese** or Pepperoni
					(Turkey&Cheese GF bun available)
•Smuckers PB&J Chz stick, Cheez It** meal available daily					
1	MONDAY MAR 4	TUESDAY MAR 5	WEDNESDAY MAR 6	THURSDAY MAR 7	FRIDAY MAR 8
•Spaghetti w/ Meatballs & Meatless Sauce or Meatball Sub		•Nachos w/ Cheese** & Meat	•Bosco Cheese-Stuffed Breadsticks w/Fresh-Made Marinara	•Macaroni & Cheese Bowl w/ Toppings w/ WG Roll	•Stuffed-Crust Pizza (Cheese or Pepperoni)
•Corn Dogs		•Personal Pan Pizza	•Brookwood BBQ (Gluten-Free Bun available)	•Crispy Chicken Chunks w/ WG Roll	•Chili Bowl w/ Toppings
Sandwich Entrée		Sandwich Entrée	Sandwich Entrée	Sandwich Entrée	
•Hoagie Club(Turkey& Ham)		•Southwest Turkey&Cheese Wrap	•Buffalo Chicken Wrap	•Ham & Cheese Sub	
(Turkey, Ham & Cheese on GF bun available)		(Turkey&Cheese GF bun available)		(Gluten-Free Bread available)	
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)					
•Southwest Chicken Salad		•Taco Salad /•Veggie Salad	•Chef Salad w/Ham	•Buffalo Chicken Salad	
•Smuckers PB&J, Chz stick, Cheez It** meal available daily					
2	MONDAY MAR 11	TUESDAY MAR 12	WEDNESDAY MAR 13	THURSDAY MAR 14	FRIDAY MAR 15
•Gold Creek Chicken Sandwich (Grilled Chicken Breast Filet & Gluten-Free Bun available)		•Nachos w/ Cheese** & Meat	•Hot Dog on WG Bun (Gluten-Free Bun available)	•Cheeseburger or Hamburger (Gluten-Free Bun available)	STUDENT HOLIDAY
•Brd Mozz Cheese Sticks w/ Fresh-made Marinara**		•Quesadilla Pizza **	•Lasagna Roll-up** w/ Garlic Breadstick	•Chicken & Waffles	
Sandwich Entrée		Sandwich Entrée	Sandwich Entrée	Sandwich Entrée	
•Ham or Turkey & Cheese		•Buffalo Chicken Wrap	•Buffalo Chicken Wrap	•Chicken Tender Wrap	
(Gluten-Free Bun available)				(Turkey&Cheese, GF bun available)	
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)					
•Mediterranean Salad		•Taco Salad /•Veggie Salad	•Chef Salad w/Turkey	•Buffalo Chicken Salad	
•Smuckers PB&J Chz stick, Cheez It** meal available daily					
3	MONDAY MAR 18	TUESDAY MAR 19	WEDNESDAY MAR 20	THURSDAY MAR 21	FRIDAY MAR 22
•Popcorn Chicken w/ WG Roll		•Nachos w/ Cheese** & Meat	•Garlic French Bread w/ Tomato Soup	•Breaded Chicken (Drumstick or Thigh) w/ WG Roll	•Asian Chicken Rice Bowl w/ Spring Roll
•Buffalo Chicken Tenders w/WG Roll		•Calzone w/Cheese** or Pepperoni	•Mini Chicken Sliders	•Beef Sticks w/ Gravy Dipping Sauce & WG Roll	•Primo Pizza Cheese** or Pepperoni
Sandwich Entrée		Sandwich Entrée	Sandwich Entrée	Sandwich Entrée	
•Ham or Turkey & Cheese Sub		•Grilled Chicken Caesar Wrap	•Buffalo Chicken Wrap	•Ham & Cheese WG Sub	
(Gluten-Free Bun available)		(Ham & Cheese on GF bun available)	(Turkey&Cheese GF bun available)	(Gluten-Free Bun available)	(Turkey&Cheese GF bun available)
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)					
•California Chicken Salad		•Taco Salad /•Veggie Salad	•Chef Salad w/Ham	•Buffalo Chicken Salad	
•Smuckers PB&J Chz stick, Cheez It** meal available daily					

 MONDAY MAR 25	TUESDAY MAR 26	WEDNESDAY MAR 27	THURSDAY MAR 28	FRIDAY MAR 29
<ul style="list-style-type: none"> •Spaghetti w/ Meatballs & Meatless Sauce or Meatball Sub •Corn Dogs <p><u>Sandwich Entrée</u></p> <ul style="list-style-type: none"> •Hoagie Club(Turkey, Ham & Cheese) <p>(Turkey, Ham & Cheese on GF bun available)</p>	<ul style="list-style-type: none"> •Nachos w/ Cheese** & Meat •Personal Pan Pizza Cheese** or Supreme <p><u>Sandwich Entrée</u></p> <ul style="list-style-type: none"> •Southwest Turkey&Cheese Wrap <p>(Turkey&Cheese GF bun available)</p>	<ul style="list-style-type: none"> •Bosco Cheese-Stuffed Breadsticks w/Fresh-Made Marinara •Brookwood BBQ Sandwich <p>(Gluten-Free Bun available)</p> <p><u>Sandwich Entrée</u></p> <ul style="list-style-type: none"> •Buffalo Chicken Wrap 	<ul style="list-style-type: none"> •Macaroni & Cheese Bowl w/ Toppings w/ WG Roll •Crispy Chicken Chunks (Dill&Spicy) w/ WG Roll <p><u>Sandwich Entrée</u></p> <ul style="list-style-type: none"> •Ham & Cheese Sub <p>(Gluten-Free Bread available)</p>	<ul style="list-style-type: none"> •Stuffed-Crust Pizza (Cheese or Pepperoni) •Chili Bowl w/ Toppings
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)				
•Southwest Chicken Salad	•Taco Salad /•Veggie Salad	•Chef Salad w/Ham	•Buffalo Chicken Salad	

Vegetarian option** Also, vegetarian entree offered daily - check school for choices

Availability of food, early release days and special school situations may require changes in menus without notice.

This institution is an equal opportunity provider.