

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

FEBRUARY

Winter 2023-2024

K-12



WEEK 1 : Jan 29-Feb2 / Feb.12-16 / Feb.26-Mar.1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Croissant w/ Sausage Croissant w/ Egg/Cheese	Biscuit w/ Chicken	Bagel w/ Sausage & Egg	Croissant w/ Bacon & Egg	Sunriser Breakfast Bowl w/Toast
Egg&Cheese on GF Bun or Toast	Smoothie or Parfait w Grain Option	Sausage & Egg on GF Bun	Bacon &Egg on GF Bun or Toast	Egg&Cheese on GF Toast
Donut Bites	Pancake	Fresh-baked WG Cinn Roll	Chocolate Muffin Tops w/yogurt	Waffle
Cereal Variety	Cereal Variety	Cereal Variety	Cereal Variety	Cereal Variety
GF Cereal	GF Cereal	GF Cereal	GF Cereal	GF Cereal
<i>Fruit Variety : Pick 2</i>	<i>Fruit Variety : Pick 2</i>	<i>Fruit Variety : Pick 2</i>	<i>Fruit Variety : Pick 2</i>	<i>Fruit Variety : Pick 2</i>
<i>Lowfat Milk Variety</i>	<i>Lowfat Milk Variety</i>	<i>Lowfat Milk Variety</i>	<i>Lowfat Milk Variety</i>	<i>Lowfat Milk Variety</i>

WEEK 2 : Feb. 5-9 / Feb. 19-23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Croissant w/Chicken Egg/Cheese Croissant	Biscuit w/ Bacon &Egg	Bagel w/ Chicken Bagel w/ Cream Cheese	Croissant w/ Sausage	Breakfast Bowl w/Toast
Egg&Cheese on GF Bun or Toast	Bacon &Egg on GF Bun or Toast		Sausage on GF Bun	Egg&Cheese on GF Toast
Dutch Waffle	Smoothie or Parfait w Grain Option French Toast w/Syrup	Breakfast POPTART Breakfast Sausage on a stick w syrup	Chocolate Muffin Tops w/yogurt	Honey Bun
Cereal Variety	Cereal Variety	Cereal Variety	Cereal Variety	Cereal Variety
GF Cereal	GF Cereal	GF Cereal	GF Cereal	GF Cereal
<i>Fruit Variety : Pick 2</i>	<i>Fruit Variety : Pick 2</i>	<i>Fruit Variety : Pick 2</i>	<i>Fruit Variety : Pick 2</i>	<i>Fruit Variety : Pick 2</i>
<i>Lowfat Milk Variety</i>	<i>Lowfat Milk Variety</i>	<i>Lowfat Milk Variety</i>	<i>Lowfat Milk Variety</i>	<i>Lowfat Milk Variety</i>

Gluten Free Option : GF Highlighted in yellow

Cereal Variety : Apple Cinn Cheerios GF, Lucky Charm GF, Cinnamon Toast Crunch, Fruit Loops, Cocoa Puffs

Fruit Variety : Canned or Fresh Fruit or Frozen 100% Fruit Juice

This institution is an equal opportunity provider.

Note: Availability of food and special school activities may require changes in menus on very short notice.

School enter menu: www.mealviewer.com daily what is being serve

