

Middle

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

Recommended Middle School Menu

For specific school menu go to: www.mealviewer.com

To be served: Aug 5-6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices			Chicken Filet Biscuit Honey Bun WG WG Cereal choice (2 bowls) 100% Juice and fruit srv Lowfat Milk Choice	Chicken Filet Mini Croissant WG WG Mini Pancakes WG Cereal choice (2 bowls) 100% Juice and fruit srv Lowfat Milk Choice
Hot Entrees Vegetarian option** Vegetarian entree offered daily - check school for choices WG Sandwich Option			Stuffed Crust Pizza Cheese or Pepperoni Smuckers PB&J WG**	Hot Dog on WG Bun Smuckers PB&J WG**
			WITH CHOICE OF 3	WITH CHOICE OF 3
			Golden Corn Tossed Garden Salad with Tomato ZeeZee's Applesauce cup Seasonal Fresh Fruit 4 oz 100% juice AND w/ all meals Lowfat Milk Choice	Mini Carrots Seasoned Potato Wedges Frozen Fruit Cups Seasonal Fresh Fruit 4 oz 100% juice AND w/ all meals Lowfat Milk Choice

This institution is an equal opportunity provider.

*only 1 fruit juice per meal

Note: Availability of foods, early release days, and special school activities may require changes in menus on a very

**vegetarian entrée option

Dark green vegetable serving Red/Orange vegetable serving Legume vegetable serving WG = Whole grain rich

***turkey/chicken