

<div> <div>Middle</div> <div>WEEK 1</div> <div>To be served: Aug 9-13, Aug.23-27</div> </div> <div> <div>FORSYTH COUNTY SCHOOLS Food &amp; Nutrition Services</div> <div>Recommended Middle School Menu</div> <div>For specific school menu go to: <a href="http://www.mealviewer.com">www.mealviewer.com</a></div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ BREAKFAST choices</b> Chicken <b>filet</b> Mini Croissant WG Fluffy Scrambled Eggs & Croissant WG Honey Bun  WG Cereal choice ( 2 bowls) 100% Juice and fruit srv Lowfat Milk Choice	Chicken <b>filet Biscuit</b> Yogurt w/ Muffin TOPS  WG Cereal choice ( 2 bowls) 100% Juice and fruit srv Lowfat Milk Choice	Chicken <b>filet</b> Mini Croissant WG WG Mini Pancakes Yogurt & Fruit Smoothie/Parfait w/ WG granola or grain WG Cereal choice ( 2 bowls) 100% Juice and fruit srv Lowfat Milk Choice	Chicken <b>filet Biscuit</b> Yogurt w/ Muffin TOPS  WG Cereal choice ( 2 bowls) 100% Juice and fruit srv Lowfat Milk Choice	Chicken <b>filet</b> Mini Croissant WG WG French Toast Sticks Fresh-baked WG Cinnamon Roll  WG Cereal choice ( 2 bowls) 100% Juice and fruit srv Lowfat Milk Choice
<b>Hot Entrees</b> <i>Tyson</i> Popcorn Chicken w/ sch-made Roll <b>OR</b>  Salisbury Steak & gravy w/ sch-made Roll  <b>Vegetarian option**</b> Vegetarian entree offered daily - check school for choices  <b>Sandwich Meal</b> Smuckers PB&J WG  <b>Salad Meal w/ Crackers (vegetarian salad available upon request)</b>  Chef Salad	All-American Burger w/WG Bun <b>OR</b>  Country Pork BBQ on Bun  Smuckers PB&J WG Turkey or Ham & Cheese Sub/wrap	Nachos w/Cheese Meat choice: Chicken or Beef, Chz  Smuckers PB&J WG Buffalo Chicken Wrap	Corn Dog WG Regular/Mini  <b>OR</b> Breaded Mozz cheese Stick** w/ Homemade Marinara Sauce  Smuckers PB&J WG Turkey or Ham & Cheese Sub/wrap	Tyson Brd Chicken Sandwich w/WG Bun <b>OR</b>  Buffalo Ckn Pizza Wedge  Smuckers PB&J WG
<b>WITH CHOICE OF 3</b>	<b>WITH CHOICE OF 3</b>	<b>WITH CHOICE OF 3</b>	<b>WITH CHOICE OF 3</b>	<b>WITH CHOICE OF 3</b>
Mashed Potatoes	Seasoned Potato Wedges	Seasoned Black Beans	Oven Crinkle Fries	Shoestring Sweet Potatoes
Steamed Broccoli	Ranch Style Beans	Corn	Homestyle Baked Beans	Spinach Salad
Sun-ripe Grape Tomatoes	Coleslaw	Tossed Salad	Mini Carrots in a bag	Cool Cucumbers slices
Banana	Apple in Wedges	Sliced Peaches	Sweet Craisins/Dried Fruit	Flavored Applesauce cup
Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit
4 oz 100% juice	4 oz 100% juice	4 oz 100% juice	4 oz 100% juice	4 oz 100% juice
AND w/ all meals	AND w/ all meals	AND w/ all meals	AND w/ all meals	AND Fresh Baked Cookie
Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	AND w/ all meals
				Lowfat Milk Choice

This 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 short n

\*\*vegetarian entrée option

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG = Whole grain ric

\*\*\*turkey/chicken