## **MIDDLE** WEEK 2

## **FORSYTH COUNTY SCHOOLS Food & Nutrition Services**

Recommended Middle School Menu

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

To be served: Aug 16-20, Aug 30-Sept 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices				
Chicken <b>filet</b> Mini Croissant WG	Chicken <b>filet Biscuit</b>	Chicken <b>filet</b> Mini Croissant WG	Chicken <b>filet Biscuit</b>	Chicken <b>filet</b> Mini Croissant WG
Fluffy Scrambled Eggs & Croissant	Yogurt w/ Muffin TOPS	WG Mini Waffles	Yogurt w/ Muffin TOPS	WG French Toast Sticks
WG Honey Bun		Yogurt & Fruit Smoothie/Parfait		Fresh-baked WG Cinnamon Roll
		w/ WG granola or grain		
WG Cereal choice ( 2 bowls)	WG Cereal choice ( 2 bowls)	WG Cereal choice ( 2 bowls)	WG Cereal choice ( 2 bowls)	WG Cereal choice ( 2 bowls)
100% Juice and fruit srv	100% Juice and fruit srv	100% Juice and fruit srv	100% Juice and fruit srv	100% Juice and fruit srv
Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice
Hot Entrees				
Bosco Cheese-Stfd Breadstick**	Chinese "takeout" Ckn	Nachos w/Cheese	Regular or Spicy	Primo 4-Cheese Pizza**
w/ Homemade Marinara Sauce	over Veggie Fried Rice	Meat choice: Chicken or Beef, Chz	Chicken Tenders	Cheese or Pepperoni
	(Choice: Gen Tso/Sweet & Sour)		w/ Sch-made WG Roll	
	w/Vegetable Spring Roll			
	OR	OR		
	French Bread Garlic Pizza	Mexican Quesadilla Wedge**		
Sandwich Meal				
Smuckers PB&J WG	Smuckers PB&J WG	Smuckers PB&J WG	Smuckers PB&J WG	Smuckers PB&J WG
<u> </u>	Turkey or Ham & Cheese Sub/wrap	Buffalo Chicken Wrap	Turkey or Ham & Cheese Sub/wrap	
Vegetarian entree offered daily				
Salad Meal w/ Crackers (vegeta	rian salad available upon requ I	est) I		
Grilled Chicken Caesar Salad	Buffalo Chicken Salad	Taco Salad	California Salad	Veggie Salad w/ egg or chz**
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WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3
Tossed Salad	Asian Veggie Blend	Charro Pintos	Crispy Tator Tots	Shoestring Sweet Potatoes
Crinkle Fries	Steamed Broccoli Florets	Corn	Homestyle Baked Beans	Tossed Salad
Sun-ripe Grape Tomatoes	Frozen Fruit Cups	hredded Lettuce & Diced Tomat	9	Apple Wedges
Banana	Fresh Seasonal Fruit	Orange Wedges	Sweet Craisins/Dried Fruit	Sliced Peaches
4 oz 100% juice	4 oz 100% juice	4 oz 100% juice	4 oz 100% juice	4 oz 100% juice
1	4375 / "	4375 / 13	4375 / 13	AND Fresh Baked Cookie
AND w/ all meals	AND w/ all meals	AND w/ all meals	AND w/ all meals	AND w/ all meals
Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	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 r \*\*\*turkey/chicken