

FORSYTH COUNTY SCHOOLS

Food & Nutrition Services

Elementary Recommended Menu

Back to School - 1st 7 days

Revised June 2020

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

Elementary

WEEK 1 Back to School

To be served: Aug 17-21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG Mini Pancakes OR Waffles WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Mini Croissant WG Honey Bun WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Mini Croissant WG French Toast Sticks WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice
Hot Meal Mini Calzone w/ Dipping sauce Vegetarian option*** Vegetarian entree offered daily - check school for choices OR Sandwich Meal PB&J	Popcorn Chicken WG Soft Roll PB&J	All Beef Hot Dog on WG Bun PB&J	WG Cheesy Bread*** w/ Dipping sauce PB&J	All-American Cheeseburger on whole grain bun PB&J
WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3
Sliced Cucumbers Baby X-ray Vision Carrots Frozen Fruit Cups Banana 4 oz 100% juice* AND Fresh Baked Cookie AND Lowfat Milk Choice	Green Beans Sun-ripe Grape Tomatoes Mandarin Oranges Fresh Summer Fruit 4 oz 100% juice* AND Lowfat Milk Choice	Shoestring Sweet Potatoes Seasoned Ranch Beans Frozen Fruit Pouch Sweet Apple Wedges 4 oz 100% juice* AND Low fat Milk Choice	Steamed Broccoli Sliced Cucumbers Pineapple Tidbits Sliced/Diced Pears Cups 4 oz 100% juice* AND Lowfat Milk Choice	Oven-baked Crinkle Fries Cowboy BBQ Beans ZeeZee's Applesauce cup Fresh Summer Fruit 4 oz 100% juice* AND Lowfat Milk Choice

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

This institution is an equal opportunity provider.

*only 1 fruit juice carton per meal

**turkey

***vegetarian option

Dark Green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are Whole grain-rich