

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

FALL 2023-2024

K-12 Breakfast GF Menu

Served weeks of : Aug. 7-11, Aug. 21-25, Sept. 4-8, Sept. 18-22, Oct. 9-13, Oct 23-27, Nov. 6-10

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

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Manager Choice</i>	<i>Manager Choice</i>	<i>Manager Choice</i>	<i>Manager Choice</i>	
GF BUN w/Sausage OR Bacon or Egg/Cheese	GF BUN w/Sausage OR Bacon or Egg/Cheese	GF BUN w/Sausage OR Bacon or Egg/Cheese	GF BUN w/Sausage OR Bacon or Egg/Cheese	Breakfast Bowl w/GF Bread
Honey Bun	Pancake OR Waffle Smoothie or Parfait w 1pkg GF Cereal	Fresh-baked WG Cinn Roll	Yogurt w/GF Cereal Chocolate Muffin Tops w/yogurt	Glazed/Cinnamon /Powder Sugar Donut Bites
Cereal GF Variety	Cereal GF Variety	Cereal GF Variety	Cereal GF Variety	Cereal GF Variety
<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

Served Weeks of : Aug. 14-18, Aug. 28-Sept. 1, Sept. 11-15, Oct. 2-6, Oct. 16-20, Oct. 30-Nov. 3, Nov. 13-17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Manager Choice</i>	<i>Manager Choice</i>	<i>Manager Choice</i>	<i>Manager Choice</i>	
GF BUN w/Sausage OR Bacon or Egg/Cheese	GF BUN w/Sausage OR Bacon or Egg/Cheese	GF BUN w/Sausage OR Bacon or Egg/Cheese	GF BUN w/Sausage OR Bacon or Egg/Cheese	Breakfast Bowl w/GF Bread
Dutch Waffle	French Toast w/Syrup	Fresh-baked WG Cinn Roll	Yogurt w/GF Cereal Chocolate Muffin Tops w/yogurt	Honey Bun
Cereal GF Variety	Cereal GF Variety	Cereal GF Variety	Cereal GF Variety	Cereal GF Variety
<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>

Smoothie OR Parfait w/ 1 pkg GF cereal can be served daily: Add to Production

Cereal GF Variety : Apple Cinn Cherrios GF ,Lucky Charm GF

Fruit Variety : Canned or Fresh Fruit or Frozen 100% Fruit Juice **PICK 2**

This institution is an equal opportunity provider.

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