

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

High School Recommended GF Menu

HIGH

Week 1 Fall 2023-2024

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

To be served: Aug.7-11, Aug.28-Sept.1, Sept.18-22, Oct.16-20, Nov.6-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PrimoWedge Pizza Pepperoni or Cheese	*** <i>Bosco</i> Cheese-Stuffed Breadsticks w/ Homemade Marinara	Primo Buffalo Chicken Pizza	Sch-made Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Calzone Mini/Reg w/ Warm Dipping sauce
Chicken Filet Sandwich <i>Plain Or Dill & Spicy</i> Grilled Ckn Filet on GF Bun	Popcorn Chicken w/ Mini Roll	Dripping Ckn Tender Sand. Grilled Ckn Filet on GF Bun	Asian Chicken Nuggets w/ Breadstick	Chicken Tenders Plain/Spicy w/ Sch-made WG Roll
Chinese "takeout" Sweet&Sour or Gen Tso Ckn over Fried Rice or WG Noodles	Nachos w/ Cheese*** & Meat	Chicken & Pasta Afredo/Pesto	<i>Managers Choice</i> Corndog OR All-Beef Hotdog on GF Bun	<i>Managers Choice</i> Italian Spaghetti w/ Meatsauce or Meatballs OR Meatball Sub on GF BUN
Sub/Wraps Entrees Turkey Or Ham & Cheese GF BUN Smuckers PB&J***	Turkey Or Ham & Cheese GF BUN Smuckers PB&J***	Buffalo Chicken Wrap Smuckers PB&J***	Turkey Or Ham & Cheese GF BUN Smuckers PB&J***	Smuckers PB&J***
Salad Meal Choice w/ Tortilla Chips & choice of 3 fruit/vegetable sides below (Veggie Salad** w/ cheese available as requested)				
Cobb Salad Chef Salad	Buffalo Chicken Salad Taco Salad	California Chicken Salad Veggie Salad w/ egg or cheese	Veggie Salad w/ egg or cheese Chicken Tender Salad	Veggie Salad w/ egg or cheese
Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options				
WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4
Shoestring Sweet Potatoes Green Garden Salad Asian Veggie Blend Sliced Peaches Fresh Fruit Frozen Sour Cherry Lime Fruit Cup WITH Lowfat Milk Choice	Roasted Corn Seasoned Black Beans Fresh Spinach Salad with Craisins Frozen Fruit Cups Fresh Fruit Lowfat Milk Choice	Seasoned Potato Wedge Green Beans Grape Tomatoes/Carrots Flavored Applesauce Cup Fresh Fruit Lowfat Milk Choice	Ranch-style Beans Steamed Broccoli Florets Cool Cucumber slices Pineapple tidbits Fresh Fruit Lowfat Milk Choice	AuGratin Potatoes Sonoma Vegetables Caesar Side Salad Mandarin Oranges Fresh Fruit Mini Brownie Bar Lowfat Milk Choice

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

This institution is an equal opportunity provider.

Dark green vegetable serving Red/Orange vegetable serving Legume vegetable serving

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FORSYTH COUNTY SCHOOLS Food & Nutrition Services

High School Recommended GF Menu

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Week 2 Fall 2023-2024

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

To be served: Aug.14-18, Sept.4-8, Oct.2-6, Oct.23-27, Nov.13-17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stuffed Crust Pizza Cheese or Pepperoni	Brd Mozzarella Sticks*** w/ Homemade Marinara	Primo Cheese or Pepperoni** Pizza or Meat-lovers Pizza	Sch-made Cheese or Pepperoni** Pizza Veggie or specialty Pizza	French Bread Pizza*** w/ Warm Dipping sauce
Popcorn Chicken w/ Mini Roll	Chicken Filet Sandwich Plain OR Dill /Spicy <i>Grilled Ckn Filet on GF Bun</i>	Breaded Chicken Drumstick w/ Roll w/ WG Roll	Plain/Buffalo Bites w/ Sch-made WG roll	Chicken Tenders w/ WG Breadstick
<i>Managers Choice</i>				<i>Managers Choice</i>
All-Amer BBQ OR Rib-Q on GF BUN	Nachos w/ Cheese*** & Meat	Chicken Parm w/Pasta or Chicken Parm Sandwich	Cheeseburger GF BUN or Bacon Cheeseburger on GF BUN	<i>Macaroni Bowl</i> 3-Cheese Cavatappi w/WG Breadstick Homestyle Mac&Cheese w/Breadstick
Veggie GF BUN Smuckers PB&J***	Turkey Or Ham & Cheese GF BUN Smuckers PB&J***	Buffalo Chicken Wrap Smuckers PB&J*** <i>Turkey Or Ham & Cheese GF BUN</i>	<i>Turkey Or Ham & Cheese GF BUN</i> Smuckers PB&J***	Smuckers PB&J***
Salad Meal Choice w/ Tortilla Chips & choice of 3 fruit/vegetable sides below (Veggie Salad** w/ cheese available as requested)				
Chef Salad Cobb Salad	Veggie Salad w/ egg or cheese Taco Salad	Veggie Salad w/ egg or cheese Chef Salad	Buffalo Chicken Salad	Veggie Salad w/ egg or cheese
Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options				
WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4
Shoestring Swt Potatoes Homemade Baked Beans Coleslaw Fresh Fruit Sweet Sliced Strawberries	Seasoned Refried Beans Leaf Lettuce & Slice Tomato Cool Sliced Cucumbers Black Bean/Corn Salsa Sliced Pears Fresh Fruit Lowfat Milk Choice	Seasoned Green Beans Mashed Potatoes Caesar Salad Flavored Applesauce cup Fresh Fruit Lowfat Milk Choice	Crinkle Cut Fries Steamed Broccoli Carrot Raisin Salad Leaf Lettuce & Slice Tomato Sliced Peaches Fresh Fruit Lowfat Milk Choice	Tossed Garden Salad Mini Carrots in bag Mixed Vegetables Frozen Diced Peach cup Fresh Fruit RIP Cool Topic Frozen Fruit Juice Lowfat Milk Choice

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FORSYTH COUNTY SCHOOLS Food & Nutrition Services

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Week 3 Fall 2023-2024

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

To be served: Aug.21-25, Sept.11-15, Oct. 9-13, Oct. 30- Nov.3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Primo Wedge Pizza Cheese or Pepperoni	Quesadilla Pizza	<i>Managers Choice</i> Bosco Cheese-Stuffed Breadsticks OR Pizza Stuffed Breadstick w/ Homemade Marinara	Sch-made Cheese or Pepperoni Pizza Veggie or specialty Pizza	Buffalo Chicken Pizza
Popcorn Chicken w/ Mini Roll	Chicken Filet Sandwich Regular or Spicy <i>Grilled Ckn Filet on GF Bun</i>	Asian Chicken Noodle Bowl	Plain/Buffalo Bites w/ Sch-made WG roll	<i>Grilled Ckn Filet on GF Bun</i> Chicken Tenders w/ WG Mini Roll
Hamburger/Bacon Cheeseburger On GF BUN	Nachos w/ Cheese*** & Meat	<i>Managers Choice</i> Lasagna Roll Up w/Garlic Breadstick OR Beef Roni w/Garlic Breadstick	Chicken Queso Empanada	<i>Managers Choice</i> Seafood Basket w/ cheesy biscuit OR Spicy Fish Filet on Bun
Turkey Or Ham & Cheese GF BUN Smuckers PB&J***	Turkey Or Ham & Cheese GF BUN Smuckers PB&J***	Buffalo Chicken Wrap Smuckers PB&J*** Turkey Or Ham & Cheese GF BUN	SW Turkey Wrap Smuckers PB&J*** Turkey Or Ham & Cheese GF BUN	Smuckers PB&J***
Salad Meal Choice w/ Tortilla Chips & choice of 3 fruit/vegetable sides below (Veggie Salad** w/ cheese available as requested)				
Chef Salad Veggie Salad w/ egg or cheese	California Salad Taco Salad	Veggie Salad w/ egg or cheese Cobb Salad	Buffalo Chicken Salad Chicken Tender Salad	Veggie Salad w/ egg or cheese
Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options				
WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4
Shoestring Sweet Potatoes 4-Bean Salad Leaf Lettuce/Slice Tomato /Pickle Slice Hot Cinnamon Apples/Pears w/Oatmeal Fresh Fruit	Roasted Corn Seasoned Black Beans Garden Green Salad Sliced Peaches Fresh Fruit	Asian Veggie Blend Ceasar Salad Veggie Dippers Mandarin Oranges Fresh Fruit Frozen Sour Cherry Lime Fruit Cup Lowfat Milk Choice	Steamed Broccoli Harvest Steamed Carrots Celery Logs Flavored Applesauce cup Fresh Fruit Lowfat Milk Choice	Tator Tot Potatoes Sonoma Blend Veggies Cole Slaw Sweet Frozen Fruit cups Fresh Fruit Frosted Cookie WG Lowfat Milk Choice
WITH Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

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