

**FORSYTH COUNTY SCHOOLS Food & Nutrition Services**

**High School Recommended Menu**

**HIGH**

**Week 1 Fall 2023-2024**

for specific school menu go to: [www.mealviewer.com](http://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
Primo Wedge 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 &amp; Spicy</i>	Popcorn Chicken w/ Mini Roll	Dripping Ckn Tender Sand.	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 Alfredo/Pesto	<i>Managers Choice</i> Corndog <b>OR</b> All-Beef Hotdog on WG Bun	<i>Managers Choice</i> Italian Spaghetti w/ Meatsauce or Meatballs <b>OR</b> Meatball Sub
<b>Sub/Wraps Entrees</b> Turkey Or Ham & Cheese Sub Smuckers PB&J***	Turkey Or Ham & Cheese Sub Smuckers PB&J***	Buffalo Chicken Wrap Smuckers PB&J***	SW Turkey Wrap Smuckers PB&J***	Smuckers PB&J***
<b>Salad Meal Choice w/ crackers &amp; choice of 3 fruit/vegetable sides below (Vegetarian Salad*** available as requested)</b>				
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	
<b>Vegetarian Choice***</b> Offered as requested & when another vegetarian entrée is not available - check school for options				
<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>
Shoestring Sweet Potatoes	Roasted Corn	Seasoned Potato Wedge	Ranch-style Beans	AuGratin Potatoes
Green Garden Salad	Seasoned Black Beans	Green Beans	Steamed Broccoli Florets	Sonoma Vegetables
Asian Veggie Blend	Fresh Spinach Salad with Craisins	Grape Tomatoes/Carrots	Cool Cucumber slices	Caesar Side Salad
Sliced Peaches	Frozen Fruit Cups	Flavored Applesauce Cup	Pineapple tidbits	Mandarin Oranges
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Frozen Sour Cherry Lime Fruit Cup				Mini Brownie Bar WG
<b>WITH</b> Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	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

Vegetarian Choice\*\*\* Offered as requested & when another vegetarian entrée is not available - check school for options

**FORSYTH COUNTY SCHOOLS Food & Nutrition Services**

**High School Recommended Menu**

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**Week 2 Fall 2023-2024**

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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	Breaded Chicken Drumstick w/ Roll w/ WG Roll	Plain/Bufalo Bites w/ Sch-made WG roll	Chicken Tenders w/ WG Breadstick
<i>Managers Choice</i> All-Amer BBQ Sandwich <b>OR</b> Rib-Q Sandwich	Nachos w/ Cheese*** & Meat	Chicken Parm w/Pasta or Chicken Parm Sandwich	Cheeseburger or Bacon Cheeseburger	<i>Managers Choice</i> <i>Macaroni Bowl</i> 3-Cheese Cavatappi w/WG Breadstick Homestyle Mac&Cheese w/Breadstick
Veggie Wrap Smuckers PB&J***	Turkey Or Ham & Cheese Sub Smuckers PB&J***	Buffalo Chicken Wrap Smuckers PB&J***	Turkey Or Ham & Cheese Sub Smuckers PB&J***	Smuckers PB&J***
<b>Salad Meal Choice w/ crackers &amp; choice of 3 fruit/vegetable sides below (Veggie Salad** w/ cheese available as requested)</b>				
Chef Salad Cobb Salad	Veggie Salad w/ egg or cheese Taco Salad	Veggie Salad w/ egg or cheese Chef Salad	Buffalo Chicken Salad	
<b>Vegetarian Choice***</b> Offered as requested & when another vegetarian entrée is not available - check school for options				
<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>
Shoestring Swt Potatoes	Seasoned Refried Beans	Seasoned Green Beans	Crinkle Cut Fries	Tossed Garden Salad
Homemade Baked Beans	Leaf Lettuce & Slice Tomato	Mashed Potatoes	Steamed Broccoli	Mini Carrots in bag
Coleslaw	Cool Sliced Cucumbers	Caesar Salad	Carrot Raisin Salad	Mixed Vegetables
Fresh Fruit	Black Bean/Corn Salsa	Flavored Applesauce cup	Leaf Lettuce & Slice Tomato	Frozen Diced Peach cup
Sweet Sliced Strawberries	Sliced Pears	Fresh Fruit	Sliced Peaches	Fresh Fruit
<b>WITH</b> Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	<b>RIP Cool Topic Frozen Fruit Juice</b> Lowfat Milk Choice

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**Week 3 Fall 2023-2024**

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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> <i>Bosco</i> 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	Asian Chicken Noodle Bowl	Plain/Buffalo Bites w/ Sch-made WG roll	Chicken Tenders w/ WG Mini Roll
Hamburger/Bacon Cheeseburger	Nachos w/ Cheese*** & Meat	<i>Managers Choice</i> Lasagna Roll Up w/Garlic Breadstick <b>OR</b> Beef Roni w/Garlic Breadstick	Chicken Queso Empanada	<i>Managers Choice</i> Seafood Basket w/ cheesy biscuit <b>OR</b> Spicy Fish Filet on Bun
Turkey Or Ham & Cheese Sub Smuckers PB&J***	Turkey Or Ham & Cheese Sub Smuckers PB&J***	Buffalo Chicken Wrap Smuckers PB&J***	SW Turkey Wrap Smuckers PB&J***	Smuckers PB&J***
<b>Salad Meal Choice w/ crackers &amp; choice of 3 fruit/vegetable sides below (Veggie Salad** w/ cheese available as requested)</b>				
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	
<b>Vegetarian Choice***</b> Offered as requested & when another vegetarian entrée is not available - check school for options				
<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>
Shoestring Sweet Potatoes	Roasted Corn	Asian Veggie Blend	Steamed Broccoli	Tator Tot Potatoes
4-Bean Salad	Seasoned Black Beans	Cesar Salad	Harvest Steamed Carrots	Sonoma Blend Veggies
Leaf Lettuce/Slice Tomato /Pickle Slice	Garden Green Salad	Veggie Dippers	Celery Logs	Cole Slaw
Hot Cinnamon Apples/Pears w/Oatmeal	Sliced Peaches	Mandarin Oranges	Flavored Applesauce cup	Sweet Frozen Fruit cups
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Frozen Sour Cherry Lime Fruit Cup		Frosted Cookie WG
<b>WITH</b> Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

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