

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

Gluten-Free Options

Updated July 2019

High School Recommended Menu

Week 1 Fall 2019

Served weeks of: Sept. 3-6, Oct 7-11

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

Order/NOTIFY Mgr by 9 am for Entrée selection to be made available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Line Cheese or Pepperoni** Pizza	*** <i>Bosco</i> Cheese-Stuffed Breadsticks w/ Homemade Marinara	Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Pepperoni Calzone w/ Warm Dipping sauce
Grill Line <i>Grilled Ckn Filet on GF Bun</i> <i>T.Bacon Chzburger on GF bun</i>	<i>Grilled Ckn Filet on GF Bun</i> Corndog	<i>Grilled Ckn Filet on GF Bun</i>	<i>Grilled Ckn Filet on GF Bun</i> <i>T.Bacon Chzburger on GF bun</i>	<i>Grilled Ckn Filet on GF Bun</i> <i>Chicken Tenders w/ Mini Roll</i>
Chicken Line Popcorn Chicken w/ Mini Roll	NEW Plain/Bufalo Bites w/ Sch-made WG roll	Asian Chicken Nuggets w/ Breadstick	Popcorn Chicken w/ Mini Roll	NEW Plain/Bufalo Bites w/ Sch-made WG roll
International Line Chinese "takeout" Sweet&Sour or Gen-Tsø Ckn over Fried Rice	Fiestas - Your Way Grain choice: 10" soft Tortilla, Brown Rice or Nacho Chips Meat choice: Seasoned ckn or beef Beans: Black, Pintos or Refried Plus 10 Topping choices!!	Chicken & Pasta Alfredo/Pesto	Nachos w/ Cheese*** & Meat	Italian Spaghetti & Meatballs
Sub/Wraps Entrees Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Buffalo Chicken Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Rotisserie Chicken Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***	SW Turkey Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***
Salad Meal Choice w/ Corn Tortilla Chips & choice of 3 fruit/vegetable sides below (Vegetarian Salad*** available as requested)				
Chef Salad Cobb Salad	Turkey Chef Salad California Salad	Veggie Salad w/ egg or cheese Rotisserie Chicken Salad	Chef Salad California Chicken Salad	Chef Salad Buffalo-Grilled Chicken Salad
Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options				
WITH CHOICE OF 4 Shoestring Sweet Potatoes Green Garden Salad Asian Veggie Blend Ranch-style Beans Sliced Peaches Sliced Pears 4 oz 100% juice* Fresh Fruit	WITH CHOICE OF 4 Classic Crinkle Fries NEW Roasted Corn Fresh Spinach Salad Mini Carrots Froz Sliced Strawberries Fruit Cocktail 4 oz 100% juice* Fresh Fruit	WITH CHOICE OF 4 Roasted or Buffalo Cauliflower Green Beans Grape Tomatoes Crunchy Celery Logs Hot Cinnamon Apples/Pears Mandarin Oranges 4 oz 100% juice* Fresh Fruit	WITH CHOICE OF 4 Seasoned Potato Wedges Steamed Broccoli Florets Cool Cucumber slices Seasoned Black Beans Pineapple tidbits Sweet Summer Melon 4 oz 100% juice* Fresh Fruit	WITH CHOICE OF 4 AuGratin Potatoes Sonoma Vegetables Caesar Side Salad Flavored Applesauce Cup Sliced Peaches Frozen Fruit "juice" Pearls 4 oz 100% juice* Fresh Fruit
WITH 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.

\$3.75 meal/ \$2.70 meal

*only 1 fruit juice carton per meal

**turkey

***Vegetarian option

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG=Whole grain rich

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

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

Gluten-Free Options

High School Recommended Menu

Week 2 Fall 2019

Served weeks of: Aug 12-16, Sept 9-13, Oct 14-18

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

Order/NOTIFY Mgr by 9 am for Entrée selection to be made available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Line Cheese or Pepperoni** Pizza	Brd Mozzarella Sticks*** w/ Homemade Marinara	Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Cheese or Pepperoni** Pizza Veggie or specialty Pizza	French Bread Pizza*** w/ Warm Dipping sauce
Grill Line <i>Grilled Ckn Filet on GF Bun</i> <i>T.Bacon Chzburger on GF bun</i>	<i>Grilled Ckn Filet on GF Bun</i> All-Beef Hotdog on GF Bread	<i>Grilled Ckn Filet on GF Bun</i>	<i>Grilled Ckn Filet on GF Bun</i> <i>T.Bacon Chzburger on GF bun</i>	<i>Grilled Ckn Filet on GF Bun</i> <i>Chicken Tenders w/ WG Mini Roll</i>
Chicken Line Popcorn Chicken w/ Mini Roll	NEW Plain/Buffalo Bites w/ Sch-made WG roll	Asian Chicken Nuggets w/ Breadstick	Popcorn Chicken w/ Mini Roll	NEW Plain/Buffalo Bites w/ Sch-made WG roll
International Line All-Amer BBQ on GF bun (Pork or Turkey)	Fiestas - Your Way Grain choice: 10" soft Tortilla, Brown Rice or Nacho Chips Meat choice: Seasoned ckn or beef Beans: Black, Pintos or Refried Plus 10 Topping choices!!	Chicken Pesto Flatbread Foldover	Nachos w/ Cheese*** & Meat	Salisbury Steak w/ gravy w/ Sch-made Roll
Sub/Wraps Entrees Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Buffalo Chicken Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Rotisserie Chicken Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***	SW Turkey Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***
Salad Meal Choice w/ Corn Tortilla Chips & choice of 3 fruit/vegetable sides below (Vegetarian Salad*** available as requested)				
Chef Salad Cobb Salad	Turkey Chef Salad California Salad	Veggie Salad w/ egg or cheese Rotisserie Chicken Salad	Chef Salad California Chicken Salad	Chef Salad Buffalo Grilled Chicken Salad
Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options				
WITH CHOICE OF 4 Shoestring Swt Potatoes Homemade Baked Beans Coleslaw Leaf Lettuce & Tomato slice Fruit Cocktail Sweet Sliced Strawberries 4 oz 100% juice* Fresh Fruit	WITH CHOICE OF 4 Seasoned Potato Wedges Sweet Green Peas Cool Sliced Cucumbers Tossed Garden Salad Pineapple Tidbits Sliced Pears 4 oz 100% juice* Fresh Fruit	WITH CHOICE OF 4 Seasoned Green Beans Sonoma Blend Veggies Crunchy Celery Logs Caesar Salad Flavored Applesauce cup Sweet Watermelon 4 oz 100% juice* Fresh Fruit	WITH CHOICE OF 4 Crinkle Cut Fries Steamed Broccoli Seasoned Black Beans Leaf Lettuce & tomato Sliced Peaches Orange Wedges 4 oz 100% juice* Fresh Fruit	WITH CHOICE OF 4 Mashed Potatoes Fresh Southern Greens Mini Carrots in bag Tossed Garden Salad Mandarin Oranges Diced Peach cup 4 oz 100% juice* Fresh Fruit
WITH 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.

*only 1 fruit juice carton per meal

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\$3.75 meal/ \$2.70 meal

**turkey

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG=Whole grain rich

***Vegetarian option

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

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

Gluten-Free Options

High School Recommended Menu

Week 3 Fall 2019

Served weeks of: Aug 19-23, Sept 16-20, Oct 21-24

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

Order/NOTIFY Mgr by 9 am for Entrée selection to be made available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Line Cheese or Pepperoni** Pizza	Cheese or Pepperoni** Pizza Veggie or specialty Pizza	<i>Bosco</i> Cheese-Stuffed Breadsticks w/ Homemade Marinara	Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Cheese or Pepperoni** Pizza Veggie or specialty Pizza
Grill Line <i>Grilled Ckn Filet on GF Bun</i> <i>T.Bacon Chzburger on GF bun</i>	<i>Grilled Ckn Filet on GF Bun</i> Corndog	<i>Grilled Ckn Filet on GF Bun</i>	<i>Grilled Ckn Filet on GF Bun</i> <i>T.Bacon Chzburger on GF bun</i>	<i>Grilled Ckn Filet on GF Bun</i> <i>Chicken Tenders w/ WG Mini Roll</i>
Chicken Line Popcorn Chicken w/ Mini Roll	NEW Plain/Buffalo Bites w/ Sch-made WG roll	Asian Chicken Nuggets w/ Breadstick	Popcorn Chicken w/ Mini Roll	NEW Plain/Buffalo Bites w/ Cheesy Biscuit
International Line Chinese "takeout" Sweet&Sour or Gen-Tsø Ckn over Fried Rice	Fiestas - Your Way Grain choice: 10" soft Tortilla, Brown Rice or Nacho Chips Meat choice: Seasoned ckn or beef Beans: Black, Pintos or Refried Plus 10 Topping choices!!	T.BBQ** Street Tacos	Nachos w/ Cheese*** & Meat	Seafood Basket w/ cheesy biscuit OR Spicy/Fish Filet on Bun
Sub/Wraps Entrees Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Buffalo Chicken Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Rotisserie Chicken Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***	SW Turkey Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***
Salad Meal Choice w/ Corn Tortilla Chips & choice of 3 fruit/vegetable sides below (Vegetarian Salad*** available as requested)				
Chef Salad Cobb Salad	Turkey Chef Salad California Salad	Veggie Salad w/ egg or cheese Rotisserie Chicken Salad	Chef Salad California Chicken Salad	Chef Salad Buffalo Grilled Chicken Salad
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 Roasted Summer Squash Asian Veggie Blend Leaf Lettuce & Tomato Froz Strawberry cup Pineapple Tidbits 4 oz 100% juice* Fresh Fruit	Roasted Corn Mixed Vegetables Garden Green Salad Harvest Cooked Carrots Sweet Melon, in season Sliced Peaches 4 oz 100% juice* Fresh Fruit	Seasoned Potato Wedges Green Beans Coleslaw Tossed Garden Salad Hot Cinnamon Apples/Pears Mandarin Oranges 4 oz 100% juice* Fresh Fruit	Classic Crinkles Fries Seasoned Pintos Steamed Broccoli Celery Logs Flavored Applesauce cup Sliced Pears 4 oz 100% juice* Fresh Fruit	Crinkle Fries Sonoma Blend Veggies Tossed Garden Salad Mini Carrots in a bag Sliced Peaches Sweet Froz Strawberries 4 oz 100% juice* Fresh Fruit
WITH Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

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\$3.75 meal/ \$2.70 meal

*only 1 fruit juice carton per meal

**turkey

Dark green vegetable serving Red/Orange vegetable serving Legume vegetable serving Grains are WG=Whole grain rich

***Vegetarian option

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

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

Gluten-Free Options

High School Recommended Menu

Week 4 Fall 2019

Served weeks of: Aug 26-30, Sept 23-27, Oct 28-Nov 1

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

Order/NOTIFY Mgr by 9 am for Entrée selection to be made available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Line Cheese or Pepperoni** Pizza	Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Cheese or Pepperoni** Pizza Veggie or specialty Pizza	French Bread Pizza*** w/ Warm Dipping sauce
Grill Line <i>Grilled Ckn Filet on GF Bun</i> <i>T.Bacon Chzburger on GF bun</i>	<i>Grilled Ckn Filet on GF Bun</i> All-Beef Hotdog on GF Bread	<i>Grilled Ckn Filet on GF Bun</i>	<i>Grilled Ckn Filet on GF Bun</i> <i>T.Bacon Chzburger on GF bun</i>	<i>Grilled Ckn Filet on GF Bun</i> <i>Chicken Tenders w/ Sch-made WG Roll</i>
Chicken Line Popcorn Chicken w/ Mini Roll	NEW Plain/Buffalo Bites w/ Sch-made WG roll	Asian Chicken Nuggets w/ Breadstick	Popcorn Chicken w/ Mini Roll	NEW Plain/Buffalo Bites w/ Sch-made WG roll
International Line Italian Brd Mozzarella Sticks*** w/ Homemade Marinara	Fiestas - Your Way Grain choice: 10" soft Tortilla, Brown Rice or Nacho Chips Meat choice: Seasoned ckn or beef Beans: Black, Pintos or Refried Plus 10 Topping choices!!	<i>NEW Fresh-made</i> BBQ Chicken Flatbread Foldover	Nachos w/ Cheese*** & Meat	Chicken Fajitas
Sub/Wraps Entrees Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Buffalo Chicken Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***	Rotisserie Chicken Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***	SW Turkey Wrap Turkey/ Ham & Chz on GF bun Smuckers PB&J***
Salad Meal Choice w/ Corn Tortilla Chips & choice of 3 fruit/vegetable sides below (Vegetarian Salad*** available as requested)				
Chef Salad Cobb Salad	Turkey Chef Salad California Salad	Veggie Salad w/ egg or cheese Rotisserie Chicken Salad	Chef Salad California Chicken Salad	Chef Salad Buffalo Grilled Chicken Salad
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
Au Gratin Potatoes Ranch-style Beans Leaf Lettuce & Tomato Fresh Southern Greens Sliced Peaches Pineapple Tidbits 4 oz 100% juice* Fresh Fruit	Golden Corn Roasted Butternut Squash Sweet Green Peas Fresh Tomato, Cuke & Feta salad Frozen Diced Fruit Cup Sweet Raisins/Craisins 4 oz 100% juice* Fresh Fruit	Shoestring Sweet Potatoes Green Beans Crunchy Celery Logs Caesar Salad Hot Cinnamon Apples/Pears Mandarin Oranges 4 oz 100% juice* Fresh Fruit	Seasoned Potato Wedges Steamed Broccoli Carrot Souffle Leaf Lettuce & Tomato Flavored Applesauce cup Fruit Cocktail 4 oz 100% juice* Fresh Fruit	Crinkle Fries Mini Carrots in bag Roasted Cabbage Sliced Cool Cucumbers Pineapple Tidbits Sliced Pears 4 oz 100% juice* Fresh Fruit
WITH 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.

*only 1 fruit juice carton per meal

This institution is an equal opportunity provider.

\$3.75 meal/ \$2.70 meal

**turkey

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG=Whole grain rich

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