

Middle

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

revised July 2019

WEEK 1 Fall 2019

GLUTEN-FREE Options

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

To be served: Sept 3-6, Oct 7-11

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices Chicken filet Mini Croissant Honey Bun Yogurt & Fruit Parfait/Smoothie w/ GF Cereal	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops	Chicken filet Mini Croissant Fresh-baked WG Cinnamon Roll Dutch Waffle Yogurt & Fruit Parfait/Smoothie w/ GF Cereal	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops	Chicken filet Mini Croissant French Toast sticks Cinnamon Bites Yogurt & Fruit Parfait/Smoothie w/ GF Cereal
2 Bowls GF Cereal# #Have 3 choices that are Non-Wheat/corn based choices w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice
Hot Entrees WG Corndog or Minis*** OR 5" Personal Pizza** Cheese or T. Pepperoni***	3-Cheese Cavatappi (Mac&Chz) w/ WG Breadstick OR Primo Buffalo Ckn Pizza	Popcorn Ckn w/ Mini Roll OR BBQ Sandwich on GF bun (Pulled Pork or Turkey)	Nachos Meat choice: Chicken or Beef, Chz OR Quesadilla Pizza	Tyson All-white meat Breaded chicken Sandwich OR All-American Burger on GF bun NEW (Bacon*** Burger option)
Vegetarian option** Vegetarian entrées offered daily - check school for choices OR	OR	OR	OR	OR
WG Sandwich Entrée Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Buffalo Chicken Wrap Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR
Salad Meal entree w/ Corn Tortilla chips (veggie salad** may be requested)				
Grilled Chicken Caesar Salad	Buffalo Grilled Chicken Salad	Veggie Salad w/ egg or cheese**	Taco Salad	Rotisserie Chicken Salad
WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3
Oven Crinkle Fries Baby Carrots Steamed Broccoli florets Pineapple Tidbits Mandarin Oranges Banana 4 oz 100% juice*	Seasoned Potato Wedges Sonoma Blend Vegetables Spinach Salad Mixed Fruit Cocktail Sliced Peaches Seasonal Fresh Fruit 4 oz 100% juice*	Green Beans Roasted Summer Squash Tossed Salad Frozen Fruit cup Sliced Pears Crisp Apple/Wedges 4 oz 100% juice*	NEW Roasted Corn Seasoned Black Beans Sliced Cucumbers Craisin Flavored Applesauce cup Juicy Orange Wedges 4 oz 100% juice*	Au Gratin Potatoes Homestyle Baked Beans Lettuce & Tomato slices Mandarin Oranges Hot Cinnamon Apples/Pears Seasonal Fresh Fruit 4 oz 100% juice*
AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice

This is an equal opportunity provider.

Note: Availability of foods, early release days, and special school activities may require changes in menus on a very short notice.

*only 1 fruit juice per meal

**vegetarian entrée option

***turkey/chicken

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG = Whole grain rich

Middle

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

WEEK 2 Fall 2019

GLUTEN-FREE Options

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

To be served: Aug 12-16, Sept 9-13, Oct 14-18

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices Chicken filet Mini Croissant Honey Bun Yogurt & Fruit Parfait/Smoothie w/ GF Cereal	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops	Chicken filet Mini Croissant Fresh-baked WG Cinnamon Roll Dutch Waffle Yogurt & Fruit Parfait/Smoothie w/ GF Cereal	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops	Chicken filet Mini Croissant French Toast sticks Cinnamon Bites Yogurt & Fruit Parfait/Smoothie w/ GF Cereal
2 Bowls GF Cereal# #Have 3 choices that are Non-Wheat/corn based choices w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice
Chinese "takeout" Ckn over Veggie Fried Rice (Choice: Gen-Tso/Sweet & Sour) OR French Bread Garlic Pizza** Vegetarian option** Vegetarian entrées offered daily - check school for choices	Boneless Buffalo Wings Sch-made WG Roll OR Pasta w/ Sauce & Meatballs	2Fers Mini Burgers on GF bun OR Breaded Mozz cheese Stick** w/ Homemade Marinara Sauce	Nachos Meat choice: Chicken or Beef, Chz OR Calzones w/ Homemade Marinara Sauce	All-Beef Hot Dog on GF bread OR Chicken Tenders WG Breadstick
WG Sandwich Entrée Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Chicken Tender Wrap Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR
Salad Meal entree w/ Corn Tortilla chips (veggie salad** may be requested)				
Ham & Chz Chef Salad	California Grilled Ckn Salad	Veggie Salad w/ egg or chz**	Taco Salad	Turkey Chef Salad
WITH CHOICE OF 3 Asian Veggie Blend Steamed Broccoli Roasted Cabbage Pineapple Tidbits Mandarin Oranges Seasonal Sweet Peaches 4 oz 100% juice*	WITH CHOICE OF 3 Oven-baked Crinkle Fries Sweet Green Peas Tossed Green Salad Sliced Peaches Banana Juicy Orange wedges 4 oz 100% juice*	WITH CHOICE OF 3 Steamed Broccoli Shoestring Sweet Potatoes Cool Sliced Cucumbers Mixed Fruit Cocktail Pineapple Tidbits Sweet Diced Peach cup 4 oz 100% juice*	WITH CHOICE OF 3 Golden Corn Charro Pintos Orange Medley V-Juice box Celery Logs Flavored Applesauce Cup Seasonal Fresh Melon 4 oz 100% juice*	WITH CHOICE OF 3 Seasoned Potato Wedges Green Beans Mini Carrots in a bag Coleslaw Froz Sliced Strawberries Seasonal Fresh Fruit 4 oz 100% juice*
AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice

This is an equal opportunity provider.

Note: Availability of foods, early release days, and special school activities may require changes in menus on a very short notice.

*only 1 fruit juice per meal

**vegetarian option

***turkey/chicken

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG = Whole grain rich

Middle

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

WEEK 3 Fall 2019

GLUTEN-FREE Options

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

To be served: Aug 19-23, Sept 16-20, Oct 21-24

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices Chicken filet Mini Croissant Honey Bun Yogurt & Fruit Parfait/Smoothie w/ GF Cereal	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops	Chicken filet Mini Croissant Fresh-baked WG Cinnamon Roll Dutch Waffle Yogurt & Fruit Parfait/Smoothie w/ GF Cereal	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops	Chicken filet Mini Croissant French Toast sticks Cinnamon Bites Yogurt & Fruit Parfait/Smoothie w/ GF Cereal
2 Bowls GF Cereal# #Have 3 choices that are Non-Wheat/corn based choices w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice	2 Bowls GF Cereal w/ juice, fruit & Milk Choice
Hot Entrees Popcorn Chicken w/ sch-made Roll OR Salisbury Steak & gravy w/ sch-made Roll OR Vegetarian option** Vegetarian entrées offered daily - check school for choices OR	<i>All-White Meat</i> Chicken Bites w/ WG Mini Roll OR 5" Personal Pizza (Cheese** or T Pepperoni***) OR	WG T.Corndog/Minis OR All-American Burger on GF bun NEW (Bacon*** Burger option) OR	Nachos Meat choice: Chicken or Beef, Chz OR Quesadilla Pizza OR	<i>All-White Meat</i> Tyson Brd Chicken Sandwich OR 4-Cheese Pizza Wedge Grilled Chicken filet on GF bun OR
WG Sandwich Entrée Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Buffalo Chicken Wrap Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR
Salad Meal entree w/ Corn Tortilla chips (veggie salad** may be requested) California Ckn Salad	Buffalo Grilled Chicken Salad	Veggie Salad w/ egg or chz**	Taco Salad	Rotisserie Chicken Salad
WITH CHOICE OF 3 Mashed Potatoes Sweet Green Peas Spring Mix Salad Carrot Souffle Sliced Pears Banana 4 oz 100% juice*	WITH CHOICE OF 3 Seasoned Potato Wedges Sonoma Vegetable Blend Cool Cucumbers slices Hot Cinnamon Apples/Pears Pineapple Tidbits Diced Peaches cup 4 oz 100% juice*	WITH CHOICE OF 3 Crinkle Fries Homestyle Baked Beans Creamy Coleslaw Flavored Applesauce Cup Sliced Peaches Sweet Seasonal Melon 4 oz 100% juice*	WITH CHOICE OF 3 NEW Roasted Corn Mini carrots a bag Tossed Salad Sliced Pears Mandarin Oranges Apple in Wedges 4 oz 100% juice*	WITH CHOICE OF 4 Shoestring Sweet Potato Seasoned Green Beans Spinach Salad Sweet Sliced Strawberries Juicy Orange Wedges RIPS Froz Juice Pouch (TGIF) 4 oz 100% juice*
AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice

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*only 1 fruit juice per meal

**vegetarian option

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

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***turkey/chicken

Middle

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

WEEK 4 Fall 2019

GLUTEN-FREE Options

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

To be served: Aug 26-30, Sept 23-27, Oct 28-Nov 1

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices Chicken filet Mini Croissant Honey Bun Yogurt & Fruit Parfait/Smoothie w/ GF Cereal	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops	Chicken filet Mini Croissant Fresh-baked WG Cinnamon Roll Dutch Waffle Yogurt & Fruit Parfait/Smoothie w/ GF Cereal	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops	Chicken filet Mini Croissant French Toast sticks Cinnamon Bites Yogurt & Fruit Parfait/Smoothie w/ GF Cereal
2 Bowls GF Cereal#	2 Bowls GF Cereal	2 Bowls GF Cereal	2 Bowls GF Cereal	2 Bowls GF Cereal
#Have 3 choices that are Non-Wheat/corn based choices w/ juice, fruit & Milk Choice	w/ juice, fruit & Milk Choice	w/ juice, fruit & Milk Choice	w/ juice, fruit & Milk Choice	w/ juice, fruit & Milk Choice
Boneless Buffalo Wings Breadstick OR BBQ on GF Bun (Pulled Pork or Turkey) Vegetarian option** Vegetarian entrées offered daily - check school for choices	Garlic Parm Flatbread OR Chicken Tenders w/ Fresh-baked WG Breadstick	2Fers Mini burgers on GF Bun OR Bosco Cheese-Stfd Breadstick** w/ Homemade Marinara Sauce	Nachos Meat choice: Chicken or Beef, Chz OR Calzones	Italian Meatball Sub OR All White meat Chicken Bites w/ Mini Roll
OR WG Sandwich Entrée	OR	OR	OR	OR
Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Buffalo Chicken Wrap Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR	Turkey & Cheese on GF bread Ham & Cheese on GF bread Smuckers PBJ ** OR
Salad Meal entree w/ Corn Tortilla chips (veggie salad** may be requested) Chef Salad	California Salad	Veggie Salad w/ egg or chz**	Taco Salad	Turkey Chef Salad
WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 4
Shoestring Sweet Potatoes Crunchy Celery Coleslaw Fruit Cocktail Froz Sliced Strawberries Banana 4 oz 100% juice*	Green Beans Mixed Vegetables Tossed Salad Pineapple Tidbits Orange Wedges Seasonal Fresh Fruit 4 oz 100% juice*	Oven baked Crinkle Fries Crunchy Mini Carrots Caesar Salad Flavored Applesauce cup Mandarin Oranges Sliced Pears 4 oz 100% juice*	Golden Corn Seasoned Black Beans Shredded Lettuce & Diced Tomato Cool Cucumber slices Sliced Peaches Seasonal Fresh Fruit 4 oz 100% juice*	Steamed Broccoli Florets Tossed Salad Roasted Butternut Squash Sliced Pears Hot Cinnamon Apples Frozen Fruit "juice" Pearls 4 oz 100% juice*
AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice

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*only 1 fruit juice per meal

**vegetarian option

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG = Whole grain rich

***turkey/chicken