

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

Revised Feb 2019

**High School
Weekly Breakfast menu**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices:				
Chicken Filet Biscuit	Chicken Filet Biscuit	Chicken Filet Croissant	Chicken Filet Biscuit	Chicken Filet Croissant
Egg & Cheese Biscuit	Sausage** Biscuit	Egg & Cheese Croissant	Sausage** Biscuit	Egg & Cheese Croissant
WG Cinnamon Bites	Yoplait Yogurt w/ Muffin TOPS	Fresh-baked WG Cinn Roll Guavalito	Yoplait Yogurt w/ Muffin TOPS	French Toast Sticks
2 Bowls WG Cereal	2 Bowls WG Cereal	2 Bowls WG Cereal Yogurt & Fruit Parfait w/ grain	2 Bowls WG Cereal	2 Bowls WG Cereal Yogurt & Fruit Parfait w/ grain
Yogurt & Fruit Smoothies or Parfait w/ Granola or WG Grain - check school for options				
WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice	WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice	WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice	WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice	WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice

"This institution is an equal opportunity provider."

✪ Grain product are Whole grain rich

*only 1 fruit juice per meal

**turkey

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