

**FORSYTH COUNTY SCHOOLS Food & Nutrition Services**

Updated Feb 2019

**High School Recommended Menu**

**Week 1 Spring 2019**

for specific school menu go to: [www.mealviewer.com](http://www.mealviewer.com)

Served weeks of: Mar 18-22, Apr 22-26, May 20-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pizza Line</b> 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	T. Pepperoni** Calzone w/ Warm Dipping sauce
<b>Grill Line</b> <i>Chicken Filet Sandwich</i> Char-broiled Cheeseburger	<i>Chicken Filet Sandwich</i> Corndog	<i>Dripping Ckn Tender Sand.</i>	<i>Chicken Filet Sandwich</i> Char-broiled Cheeseburger	<i>Chicken Filet Sandwich</i> <i>Chicken Tenders</i> <i>w/Mini Maple Waffles</i>
<b>Chicken Line</b> Popcorn Chicken w/ Mini Roll	NEW Boneless Buffalo "Wings" w/ Soft WG Breadstick	Asian Chicken Nuggets w/ Sch-made Roll	Popcorn Chicken w/ Mini Roll	Boneless Buffalo "Wings" w/ Soft WG Breadstick
<b>International Line</b> Chinese "takeout" Sweet&Sour or Gen Tso Ckn over Fried Rice	<b>Fiestas - Your Way</b> 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
<b>Sub/Wraps Entrees</b> Turkey Or Ham & Cheese Sub Smuckers PB&J***	Turkey Or Ham & Cheese Sub Smuckers PB&J***	Buffalo Chicken Wrap Turkey Or Ham & Cheese Sub Smuckers PB&J***	Rotisserie Chicken Wrap Turkey Or Ham & Cheese Sub Smuckers PB&J***	SW Turkey Wrap Turkey Or Ham & Cheese Sub Smuckers PB&J***
<b>Salad Meal Choice w/ crackers &amp; choice of 3 fruit/vegetable sides below (Vegetarian Salad*** available as requested)</b>				
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 Chicken Salad
<b>Vegetarian Choice*** Offered as requested &amp; when another vegetarian entrée is not available - check school for options</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>	<b>WITH CHOICE OF 4</b>
Shoestring Sweet Potatoes	Classic Crinkle Fries	Roasted or Buffalo Cauliflower	Seasoned Potato Wedges	Sonoma Vegetables
Green Garden Salad	Golden Corn	Green Beans	Steamed Broccoli Florets	Ranch-style beans
Asian Veggie Blend	Fresh Spinach Salad	Grape Tomatoes	Cool Cucumber slices	Caesar Side Salad
Roasted Summer Squash	Mini Carrots	Crunchy Celery Logs	Seasoned Black Beans	Flavored Applesauce Cup
Sliced Peaches	Froz Sliced Strawberries	Hot Cinnamon Apples/Pears	Juicy Orange Wedges	Sliced Peaches
Sliced Pears	Fruit Cocktail	Mandarin Oranges	Pineapple tidbits	Frozen Fruit "juice" Pearls
4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<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.**

\*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

\*\*\*Vegetarian option

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**

**Week 2 Spring 2019**

for specific school menu go to: [www.mealviewer.com](http://www.mealviewer.com)

Served weeks of: Mar 25-29, Apr 29-May 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pizza Line</b> 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
<b>Grill Line</b> <i>Chicken Filet Sandwich</i> Char-broiled Cheeseburger	<i>Chicken Filet Sandwich</i> Hotdog on WG bun	<i>HOT Buffalo Drums w/ Roll</i>	<i>Chicken Filet Sandwich</i> Char-broiled Cheeseburger	<i>Chicken Filet Sandwich</i> <i>Reg or Spicy Chicken Tenders</i> <i>w/ Soft WG Breadstick</i>
<b>Chicken Line</b> Popcorn Chicken w/ Sch-made Roll	NEW Boneless Buffalo "Wings" w/ Soft WG Breadstick	Asian Chicken Nuggets w/ Sch-made Roll	Popcorn Chicken w/ Mini Roll	Boneless Buffalo "Wings" w/ Soft WG Breadstick
<b>International Line</b> Salisbury Steak w/ gravy w/ Sch-made Roll	<b>Fiestas - Your Way</b> 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 Parmesan w/ Pasta	Nachos w/ Cheese*** & Meat	All-Amer Pork BBQ Sandwich OR Crispy Fish Sandwich
<b>Sub/Wraps Entrees</b> Turkey Or Ham & Cheese Sub Smuckers PB&J***	Turkey Or Ham & Cheese Sub Smuckers PB&J***	Buffalo Chicken Wrap Ham & Cheese Sub Smuckers PB&J***	Rotisserie Chicken Wrap Turkey Or Ham & Cheese Sub Smuckers PB&J***	SW Turkey Wrap Turkey Or Ham & Cheese Sub 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	Turkey Chef Salad California Salad	Veggie Salad w/ egg or cheese Rotisserie Chicken Salad	Chef Salad California Chicken Salad	Chef Salad Buffalo Chicken Salad
<b>Vegetarian Choice*** Offered as requested &amp; when another vegetarian entrée is not available - check school for options</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>	<b>WITH CHOICE OF 4</b>
Mashed Potatoes	Seasoned Potato Wedges	Seasoned Green Beans	Crinkle Cut Fries	Golden Corn
Mini Carrots in bag	Sweet Green Peas	Sonoma Blend Veggies	Steamed Broccoli	Shoestring Swt Potatoes
Fresh Southern Greens	Cool Sliced Cucumbers	Crunchy Celery Logs	Seasoned Black Beans	Homemade Baked Beans
Leaf Lettuce & Tomato slice	Tossed Garden Salad	Caesar Salad	Leaf Lettuce & tomato	Creamy Coleslaw
Fruit Cocktail	Pineapple Tidbits	Flavored Applesauce cup	Sliced Peaches	Mandarin Oranges
Sweet Sliced Strawberries	Sliced Pears	Watermelon (in season)	Orange Wedges	Diced Peach cup
4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>WITH</b> 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**

\*\*turkey

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

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**FORSYTH COUNTY SCHOOLS Food & Nutrition Services**

**High School Recommended Menu**

**Week 3 Spring 2019**

for specific school menu go to: [www.mealviewer.com](http://www.mealviewer.com)

Served weeks of: Mar 4-8, Apr 8-12, May 6-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pizza Line</b> 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	T. Pepperoni** Calzone w/ Warm Dipping sauce
<b>Grill Line</b> <i>Chicken Filet Sandwich</i> Char-broiled Cheeseburger	<i>Chicken Filet Sandwich</i> Corndog	<i>Dripping Ckn Tender Sand.</i>	<i>Chicken Filet Sandwich</i> Char-broiled Cheeseburger	<i>Chicken Filet Sandwich</i> <i>Chicken Tenders</i> <i>w/ Mini Maple Waffles</i>
<b>Chicken Line</b> Popcorn Chicken w/ Mini Roll	NEW Boneless Buffalo "Wings" w/ Soft WG Breadstick	Asian Chicken Nuggets w/ Sch-made Roll	Popcorn Chicken w/ Mini Roll	Boneless Buffalo "Wings" w/ Soft WG Breadstick
<b>International Line</b> Chinese "takeout" Sweet&Sour or Gen Tso Ckn over Fried Rice	<b>Fiestas - Your Way</b> 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>Bosco</i> Cheese-Stuffed Breadsticks w/ Homemade Marinara	Nachos w/ Cheese*** & Meat	Seafood Basket w/ cheesy biscuit
<b>Sub/Wraps Entrees</b> Turkey Or Ham & Cheese Sub Smuckers PB&J***	Turkey Or Ham & Cheese Sub Smuckers PB&J***	Buffalo Chicken Wrap Turkey Or Ham & Cheese Sub Smuckers PB&J***	Rotisserie Chicken Wrap Turkey Or Ham & Cheese Sub Smuckers PB&J***	SW Turkey Wrap Turkey Or Ham & Cheese Sub 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	Turkey Chef Salad California Salad	Veggie Salad w/ egg or cheese Rotisserie Chicken Salad	Chef Salad California Chicken Salad	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 Sweet Potatoes	Classic Crinkle Fries	Seasoned Potato Wedges	Classic Crinkles Fries	Golden Corn
Roasted Summer Squash	Mixed Vegetables	Green Beans	Seasoned Pintos	Sonoma Blend Veggies
Asian Veggie Blend	Garden Green Salad	Cool Sliced Cucumbers	Steamed Broccoli	Tossed Garden Salad
Leaf Lettuce & Tomato	Harvest Cooked Carrots	Tossed Garden Salad	Celery Logs	Mini Carrots in a bag
Froz Strawberry cup	Fresh Melon, in season	Hot Cinnamon Apples/Pears	Flavored Applesauce cup	Sliced Peaches
Pineapple Tidbits	Sliced Peaches	Mandarin Oranges	Sliced Pears	Sweet Froz Strawberries
4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>WITH</b> Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

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\*\*turkey

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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**

**Week 4 Spring 2019**

for specific school menu go to: [www.mealviewer.com](http://www.mealviewer.com)

Served weeks of: Mar 11-15, Apr 15-19, May 13-17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pizza Line</b> 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
<b>Grill Line</b> <i>Chicken Filet Sandwich</i> Char-broiled Cheeseburger	<i>Chicken Filet Sandwich</i> Hotdog on WG bun	<i>HOT Buffalo Drums w/ Roll</i>	<i>Chicken Filet Sandwich</i> Char-broiled Cheeseburger	<i>Chicken Filet Sandwich</i> <i>Reg or Spicy Chicken Tenders</i> <i>w/ Soft WG Breadstick</i>
<b>Chicken Line</b> Popcorn Chicken w/ Mini Roll	NEW Boneless Buffalo "Wings" w/ Soft WG Breadstick	Asian Chicken Nuggets w/ Sch-made Roll	Popcorn Chicken w/ Mini Roll	Boneless Buffalo "Wings" w/ Soft WG Breadstick
<b>International Line</b> Italian Brd Mozzarella Sticks*** w/ Homemade Marinara	<b>Fiestas - Your Way</b> 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	Nachos w/ Cheese*** & Meat	Chicken Fajita
<b>Sub/Wraps Entrees</b> Turkey Or Ham & Cheese Sub Smuckers PB&J***	Turkey Or Ham & Cheese Sub Smuckers PB&J***	Buffalo Chicken Wrap Turkey Or Ham & Cheese Sub Smuckers PB&J***	Rotisserie Chicken Wrap Turkey Or Ham & Cheese Sub Smuckers PB&J***	SW Turkey Wrap Turkey Or Ham & Cheese Sub 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	Turkey Chef Salad California Salad	Veggie Salad w/ egg or cheese Rotisserie Chicken Salad	Chef Salad California Chicken Salad	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>
Au Gratin Potatoes	Golden Corn	Shoestring Sweet Potatoes	Seasoned Potato Wedges	Crinkle Fries
Ranch-style Beans	Roasted Butternut Squash	Green Beans	Steamed Broccoli	Mini Carrots in bag
Leaf Lettuce & Tomato	Sweet Green Peas	Crunchy Celery Logs	Carrot Souffle	Roasted Cabbage
Fresh Southern Greens	Fresh Tomato, Cuke & Feta salad	Caesar Salad	Leaf Lettuce & Tomato	Sliced Cool Cucumbers
Sliced Peaches	Frozen Diced Fruit Cup	Hot Cinnamon Apples/Pears	Flavored Applesauce cup	Pineapple Tidbits
Pineapple Tidbits	Sweet Raisins/Craisins	Mandarin Oranges	Fruit Cocktail	Sliced Pears
4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<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.**

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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