

To be served: Mar 18-22, Apr 22-26, May 20-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices Chicken filet Mini Croissant Honey Bun Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Mini Croissant Fresh-baked WG Cinnamon Roll Dutch Waffle Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Mini Croissant French Toast sticks Cinnamon Bites Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice
Hot Entrees WG Corndog or Minis OR 5" Personal Pizza** Cheese or T. Pepperoni	regular or spicy Chicken Tenders w/ Sch-made WG Roll OR Primo 4-Cheese Pizza Wedge	Popcorn Ckn w/ Mini Roll OR Pulled Pork BBQ Sandwich	Nachos Meat choice: Chicken or Beef, Chz OR Quesadilla Pizza (Optional)	<i>Tyson All-white meat</i> Breaded chicken Sandwich OR All-American Burger Seafood Basket w/ cheesy Biscuit or mini roll OR
Vegetarian option** Vegetarian entrées offered daily - check school for choices OR	OR	OR	OR	OR
WG Sandwich Entrée Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR	Buffalo Chicken Wrap Smuckers PBJ ** OR	Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR	Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR	Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR
Salad Meal entree w/ crackers (veggie salad** may be requested) Grilled Chicken Caesar Salad	Buffalo 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* AND w/ all meals Lowfat Milk Choice	Seasoned Potato Wedges Sonoma Blend Vegetables Spinach Salad Mixed Fruit Cocktail Sliced Peaches Seasonal Fresh Fruit 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	Green Beans Roasted Summer Squash Tossed Salad Frozen Fruit cup Sliced Pears Crisp Apple/Wedges 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	Golden Corn Seasoned Black Beans Sliced Cucumbers Craisin Flavored Applesauce cup Juicy Orange Wedges 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	Au Gratin Potatoes Homestyle Baked Beans Coleslaw Mandarin Oranges Hot Cinnamon Apples/Pears Seasonal Fresh Fruit 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice

"This is an equal opportunity provider."

*only 1 fruit juice per meal

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

**vegetarian entrée option

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 Spring 2019

Recommended Middle School Menu

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

To be served: Mar 25-29, Apr 29-May 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices Chicken filet Mini Croissant Honey Bun Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Mini Croissant Fresh-baked WG Cinnamon Roll Dutch Waffle Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Mini Croissant French Toast sticks Cinnamon Bites Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice
Hot Entrees 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 OR Breaded Mozz cheese Stick** w/ Homemade Marinara Sauce	Nachos Meat choice: Chicken or Beef, Chz OR Calzones (Optional) w/ Homemade Marinara Sauce	T. Corndogs OR Chicken Tenders On 3/29: Crispy Fish Nuggets w/ Kid Fav Mac & Cheese
WG Sandwich Entrée Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR	Chicken Tender Wrap Smuckers PBJ ** OR	Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR	Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR	Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR
Salad Meal entree w/ crackers (veggie salad** may be requested)				
Ham & Chz Chef Salad	California Grilled Ckn Salad	Veggie Salad w/ egg or chz**	Taco Salad	Turkey Chef Salad Veggie Salad w/ egg or chz**
WITH CHOICE OF 3 Asian Veggie Blend Steamed Broccoli Roasted Cabbage Pineapple Tidbits Mandarin Oranges Seasonal Fresh Fruit 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	WITH CHOICE OF 3 Oven-baked Crinkle Fries Sweet Green Peas Tossed Green Salad Sliced Peaches Banana Juicy Orange wedges 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	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* AND w/ all meals Lowfat Milk Choice	WITH CHOICE OF 3 Golden Corn Charro Pintos Orange Medley V-Juice box Celery Logs Flavored Applesauce Cup Seasonal Fresh Fruit 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	WITH CHOICE OF 3 Seasoned Potato Wedges Green Beans Mini Carrots in a bag Sliced Pears Froz Sliced Strawberries Seasonal Fresh Fruit 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice

"This is an equal opportunity provider."

*only 1 fruit juice per meal

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

**vegetarian entrée option

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 Spring 2019

Recommended Middle School Menu

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

To be served: Mar 4-8, Apr 8-12, May 6-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices Chicken filet Mini Croissant Honey Bun Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Mini Croissant Fresh-baked WG Cinnamon Roll Dutch Waffle Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Mini Croissant French Toast sticks Cinnamon Bites Yogurt & Fruit Parfait/Smoothie 2 Bowls WG 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 WG Sandwich Entrée Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR Salad Meal entree w/ crackers (veggie salad** may be requested) California Ckn Salad	Regular or Spicy <i>All-White Meat</i> Chicken Nuggets w/ Mini Maple Waffles OR 5" Personal Pizza (Cheese** or T Pepperoni***) OR Buffalo Chicken Wrap Smuckers PBJ ** OR Buffalo Chicken Salad	All-Beef Hotdog OR All-American Burger OR Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR Veggie Salad w/ egg or chz**	Nachos Meat choice: Chicken or Beef, Chz OR Quesadilla Pizza (Optional) OR Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR Taco Salad	<i>All-White Meat</i> Tyson Brd Chicken Sandwich OR Buffalo Ckn Pizza Wedge On 3/8 & 4/12: Crispy Fish Sandwich Bun OR Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR Rotisserie Chicken Salad
WITH CHOICE OF 3 Mashed Potatoes Sweet Green Peas Spring Mix Salad Carrot Souffle Fruit Cocktail Banana 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	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* AND w/ all meals Lowfat Milk Choice	WITH CHOICE OF 3 Crinkle Fries Homestyle Baked Beans Creamy Coleslaw Flavored Applesauce Cup Sliced Peaches Sweet Seasonal Fruit 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	WITH CHOICE OF 3 Golden Corn Mini carrots a bag Tossed Salad Sliced Pears Mandarin Oranges Apple in Wedges 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	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

"This is an equal opportunity provider."

*only 1 fruit juice per meal

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

**vegetarian entrée option

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 4 Spring 2019

Recommended Middle School Menu

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

To be served: Mar 11-15, Apr 15-19, May 13-17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices Chicken filet Mini Croissant Honey Bun Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Mini Croissant Fresh-baked WG Cinnamon Roll Dutch Waffle Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Biscuit Yoplait Yogurt w/ Muffin Tops 2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken filet Mini Croissant French Toast sticks Cinnamon Bites Yogurt & Fruit Parfait/Smoothie 2 Bowls WG Cereal w/ juice, fruit & Milk Choice
Boneless Buffalo Wings Breadstick OR Country Pork BBQ on Bun Vegetarian option** Vegetarian entrées offered daily - check school for choices	Chicken Parmesan - 2 ways Sandwich OR w/ Pasta OR French Bread Garlic Pizza w/ Homemade Marinara Sauce	2Fers min burgers OR Bosco Cheese-Stfd Breadstick** w/ Homemade Marinara Sauce	Nachos Meat choice: Chicken or Beef, Chz OR Calzones (Optional)	Italian Meatball Sub OR All White meat Chicken Nuggets w/ Mini Roll On 3/15: Crispy Fish Nuggets w/ Kid Fav Mac & Cheese
OR WG Sandwich Entrée Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR	OR Turkey & Cheese Sub Ham & Cheese Sub or Roll up Smuckers PBJ ** OR	OR Turkey & Cheese Sub Buffalo Chicken Wrap Smuckers PBJ ** OR	OR Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR	OR Turkey & Cheese Sub Ham & Cheese Sub Smuckers PBJ ** OR
Salad Meal entree w/ crackers (veggie salad** may be requested) Chef Salad	California Salad	Veggie Salad w/ egg or chz**	Taco Salad	Turkey Chef Salad Veggie Salad w/ egg or chz**
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* AND w/ all meals Lowfat Milk Choice	Green Beans Mixed Vegetables Tossed Salad Pineapple Tidbits Orange Wedges Seasonal Fresh Fruit 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	Oven baked Crinkle Fries Crunchy Mini Carrots Caesar Salad Flavored Applesauce cup Mandarin Oranges Sliced Pears 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	Golden Corn Seasoned Black Beans Shredded Lettuce & Diced Tomato Cool Cucumber slices Sliced Peaches Seasonal Fresh Fruit 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice	Steamed Broccoli Florets Tossed Salad Tomato & Cucumber Salad Sliced Pears Hot Cinnamon Apples Frozen Fruit "juice" Pearls 4 oz 100% juice* AND w/ all meals Lowfat Milk Choice

"This is an equal opportunity provider."

*only 1 fruit juice per meal

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

**vegetarian entrée option

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG = Whole grain rich