

**FORSYTH COUNTY SCHOOLS Food & Nutrition Services**

Revised July 2019

**High School  
Weekly Breakfast menu**

Gluten-Free Options

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ Breakfast choices:</b>				
Chicken <b>Filet</b> Biscuit	Chicken <b>Filet</b> Biscuit	Chicken <b>Filet</b> Croissant	Chicken <b>Filet</b> Biscuit	Chicken <b>Filet</b> Croissant
T.Bacon** Egg&Cheese-GF bun	T. Sausage** on GF bun	T.Bacon** Egg&Cheese-GF bun	T. Sausage** on GF bun	T.Bacon** Egg&Cheese-GF bun
WG Cinnamon Bites	Yoplait Yogurt w/ GF Cereal	Fresh-baked WG Cinn Roll	Yoplait Yogurt w/ GF Cereal	French Toast Sticks
2 Bowls GF Cereal#	2 Bowls GF Cereal	2 Bowls GF Cereal	2 Bowls GF Cereal	2 Bowls GF Cereal
#Apple Cinn Cheerios is Gluten-free, also have 2 other Non-Wheat/corn based cereal choices				
Yogurt&Fruit Parfait/Smoothie w/ GF Cereal		Yogurt&Fruit Parfait/Smoothie w/ GF Cereal		Yogurt&Fruit Parfait/Smoothie w/ GF Cereal
<b>WITH 2 fruit servings</b>	<b>WITH 2 fruit servings</b>	<b>WITH 2 fruit servings</b>	<b>WITH 2 fruit servings</b>	<b>WITH 2 fruit servings</b>
100% Fruit Juice*	100% Fruit Juice*	100% Fruit Juice*	100% Fruit Juice*	100% Fruit Juice*
1/2 cup serving Fruit	1/2 cup serving Fruit	1/2 cup serving Fruit	1/2 cup serving Fruit	1/2 cup serving Fruit
AND	AND	AND	AND	AND
Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

This institution is an equal opportunity provider.

\* Grain product are Whole grain rich

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

\*only 1 fruit juice per meal

\*\*turkey