# Elementary Recommended Lunch Menu

**WEEK 1** Winter 2019

To be served: Nov 4-8, Dec 9-13, Jan 21-24, Feb 19-21, Mar 16-20

## Elementary Food & Nutrition Services

### A+ Breakfast choices

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Mini Croissant</td>
<td>Chicken Biscuit</td>
<td>Chicken -Biscuit</td>
<td>Chicken Croissant</td>
<td>Chicken Biscuit</td>
</tr>
<tr>
<td>Yoplait Yogurt cup/ Muffin Tops</td>
<td>Fluffy Scrambled Eggs &amp; Biscuit</td>
<td>WG Mini Cinn Roll</td>
<td>Yoplait Yogurt cup/ Muffin Tops</td>
<td>WG French Toast Sticks</td>
</tr>
<tr>
<td></td>
<td>Fresh-baked WG Cinn Roll</td>
<td>WG Dutch Waffle</td>
<td></td>
<td>WG Cinnamon Bites</td>
</tr>
<tr>
<td></td>
<td>WG Mini Pancakes</td>
<td>WG Honey Bun</td>
<td></td>
<td>Yogurt &amp; Fruit Smoothie/Parfait</td>
</tr>
<tr>
<td>WG Cereal choice w/ graham</td>
<td>WG Cereal choice w/ graham</td>
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<td>WG Cereal choice w/ graham</td>
<td>WG Cereal choice w/ graham</td>
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<tr>
<td>100% Juice and fruit srv</td>
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<tr>
<td>Lowfat Milk Choice</td>
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### Hot Meal Choices

**OR**

**Vegetarian option***

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>WG Cheesy French Bread***</td>
<td>NEW Chicken Bites</td>
<td>Nachos w/ Cheese*** &amp; Meat</td>
<td>All-American Burger</td>
<td>&quot;Mozz Sticks &amp; Stones&quot;</td>
</tr>
<tr>
<td>w/ Fresh-made Marinara</td>
<td>Sch-made WG Roll</td>
<td></td>
<td>on whole grain bun</td>
<td>Breaded Moz stick(2) &amp; Mini Cheese Raviolis</td>
</tr>
<tr>
<td>dipping sauce (optional)</td>
<td></td>
<td></td>
<td></td>
<td>w/ Fresh-made Marinara</td>
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**OR**

**Sandwich Meal**

<table>
<thead>
<tr>
<th>MONDAY</th>
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</tr>
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<tbody>
<tr>
<td>PB&amp;J *** Chz stick, Goldfish</td>
<td>PB&amp;J *** Sunflower seeds, Grahams</td>
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<td>PB&amp;J *** Gogurt, Grahams</td>
</tr>
<tr>
<td>Turkey &amp; Cheese WG sub</td>
<td>Pizza &quot;Munchable&quot;***</td>
<td>Yogurt/Muffin Munchable***</td>
<td>Pizza &quot;Munchable&quot;***</td>
<td>Yogurt/Muffin Munchable***</td>
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</tbody>
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**OR**

**Salad Meal w/ Crackers (vegetarian salad available upon request)**

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<tr>
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</thead>
<tbody>
<tr>
<td>Turkey Chef Salad</td>
<td>Veggie Salad w/ egg or cheese</td>
<td>Taco Salad</td>
<td>Ham &amp; Cheese Chef Salad</td>
<td>Rotisserie Chicken Salad</td>
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</tbody>
</table>

### WITH CHOICE OF 3

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Shoestring Sweet Potatoes</td>
<td>Sonoma Vegetables</td>
<td>Golden Corn</td>
<td>Oven-baked Crinkle Fries</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Steamed Broccoli</td>
<td>Mashed Potatoes</td>
<td>Seasoned Black Beans</td>
<td>Cowboy BBQ Beans</td>
<td>Tossed Green Salad</td>
</tr>
<tr>
<td>Spinach Salad</td>
<td>Sun-ripe Grape Tomatoes</td>
<td>Crunchy Celery Logs</td>
<td>Cool Sliced Cucumbers</td>
<td>Baby X-ray Vision Carrots</td>
</tr>
<tr>
<td>Sliced/Diced Pears</td>
<td>Mandarin Oranges</td>
<td>Sliced Peaches</td>
<td>Froz Berry cups</td>
<td>Mixed Fruit Cocktail</td>
</tr>
<tr>
<td>Banana</td>
<td>Ruby Grapefruit wedges w/ honey</td>
<td>Sweet Apple Wedges</td>
<td>Pineapple Tidbits</td>
<td>ZeeZee's Applesauce cup</td>
</tr>
<tr>
<td>4 oz 100% juice*</td>
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Note: Availability of food, early release days and special school situations may require changes in menus without notice. This institution is an equal opportunity provider.

*only 1 fruit juice carton per meal **turkey ***vegetarian option

Grains are Whole grain-rich

暗绿蔬菜 serving Red/Orange vegetable serving Legume vegetable serving
## Weekly Menu

**FORSYTH COUNTY SCHOOLS**  
Food & Nutrition Services  
Elementary Recommended Menu  
For specific school menu go to: [www.mealviewer.com](http://www.mealviewer.com)

### A+ Breakfast choices
- Chicken Mini Croissant
- Yoplait Yogurt cup w/ Muffin Tops
- Chicken Biscuit
- Fluffy Scrambled Eggs & Biscuit
- Fresh-baked WG Cinn Roll
- WG Mini Pancakes
- WG Cereal choice w/ graham
- 100% Juice and fruit srv
- Lowfat Milk Choice

### Hot Entrée
- Student choice:
  - Tyson Popcorn Chicken
  - WG Soft Breadstick
  - OR
  - WG Wedge Pizza
    - (cheese or T. pepperoni**)
- Vegetarian option***
  - Vegetarian entree offered daily - check school for choices
- OR
- Sandwich Entrée
  - PB&J *** Chz stick, Goldfish
  - Turkey & Cheese WG sub
  - OR
  - PB&J *** Sunflower seeds, Grahams
  - Pizza "Munchable"***

### With Choice of 3
- Au Gratin Potatoes
- Mixed Vegetables
- Cunchy Celery Logs
- Flavored Applesauce cup
- Banana
  - 4 oz 100% juice*
- AND
- Lowfat Milk Choice

### With Choice of 4
- Oven-baked Crinkle Fries
- Cowboy BBQ Beans
- Cucumber slices & Cauliflower
- Sliced Peaches
- Raisins or Craisins
- Frozen Fruit juice "Pearls"
- 4 oz 100% juice*
- AND
- Lowfat Milk Choice

### With Choice of 3
- Golden Corn
- Charro-style Pinto
- Orange Medley v-Juice box
- Pineapple Tidbits
- Froz Diced Fruit cup
- 4 oz 100% juice*
- AND
- Low fat Milk Choice

### With Choice of 3
- Roasted Summer Squash
- Steamed Broccoli
- Tossed Green Salad
- Mandarin Oranges
- Sweet Seasonal Fruit
- 4 oz 100% juice*
- AND
- Lowfat Milk Choice

### With Choice of 3
- Seasoned Potato Wedges
- Tossed Salad
- Crunchy Baby Carrots
- Sliced Pears
- Hot Cinnamon Apples/Pears
- 4 oz 100% juice*
- AND
- Lowfat Milk Choice

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**Dark Green vegetable serving**  
**Red/Orange vegetable serving**  
**Legume vegetable serving**  
**Grains are Whole grain-rich**  
**turkey**  
**vegetarian option**
### Elementary Recommended Menu

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#### To be served: Nov 18-22, Jan 7-10, Feb 3-7, Mar 2-6

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<td><strong>A+ Breakfast choices</strong>&lt;br&gt;Chicken Mini Croissant&lt;br&gt;Yoplait Yogurt cup w/ Muffin Tops</td>
<td>Chicken Biscuit&lt;br&gt;Fluffy Scrambled Eggs &amp; Biscuit&lt;br&gt;Fresh-baked WG Cinn Roll&lt;br&gt;WG Mini Pancakes</td>
<td>Chicken -Biscuit&lt;br&gt;WG Mini Cinn-Bagel&lt;br&gt;WG Dutch Waffle&lt;br&gt;WG Honey Bun</td>
<td>Chicken Croissant&lt;br&gt;Yoplait Yogurt cup w/ Muffin Tops</td>
<td>Chicken Biscuit&lt;br&gt;WG French Toast Sticks&lt;br&gt;WG Cinnamon Bites&lt;br&gt;Yogurt &amp; Fruit Smoothie/Parfait w/ WG granola or grain</td>
</tr>
<tr>
<td>WG Cereal choice w/ grahams&lt;br&gt;100% Juice and fruit srv&lt;br&gt;Lowfat Milk choice</td>
<td>WG Cereal choice w/ grahams&lt;br&gt;100% Juice and fruit srv&lt;br&gt;Lowfat Milk choice</td>
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**Hot Entrée**<br>Mini Italian Cheese Calzones***<br>w/ Fresh-made Marinara dipping sauce<br>Student choice: WG Corndog**<br>OR Kid-Fav Grilled Cheese Sandwich Homemade Vegetable Soup<br>OR Nachos w/ Cheese*** & Meat<br>NEW Chicken Bites<br>Sch-baked WG roll<br>Stuffed Crust Pizza***<br>(cheese OR T.pepperoni**)<br>OR Vegetarian option***<br>Vegetarian entree offered daily - check school for choices<br>OR PB&J *** Chz stick, Goldfish<br>Turkey & Cheese WG sub<br>OR PB&J *** Sunflower seeds, Grahams<br>Pizza "Munchable"**<br>OR PB&J *** Chz stick, Goldfish<br>Yogurt/Muffin Munchable***<br>OR PB&J *** Sunflower seeds, Goldfish<br>Pizza "Munchable"**<br>WG Ham & Cheese Sub/Roll-up<br>OR PB&J *** Gogurt, Grahams<br>Yogurt/Muffin Munchable***

**Sandwich Entrée**<br>PB&J *** Chz stick, Goldfish<br>Turkey & Cheese WG sub<br>OR<br>Salad Meal w/ Crackers (vegetarian salad available upon request)<br>Turkey Chef Salad<br>Veggie Salad w/ egg or cheese<br>Taco Salad<br>Ham & Cheese Chef Salad<br>Rotisserie Chicken Salad

### WITH CHOICE OF 3

**WITH CHOICE OF 3**

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<tr>
<th>Shoestring Sweet Potatoes&lt;br&gt;Steamed Broccoli&lt;br&gt;Caesar Salad&lt;br&gt;Fruit Medley&lt;br&gt;Sweet Apple Wedges 4 oz 100% juice*</th>
<th>Oven-baked Crinkle Fries&lt;br&gt;Homestyle Baked Beans&lt;br&gt;Coleslaw&lt;br&gt;Pineapple Tidbits&lt;br&gt;Ruby Grapefruit Wedges w/ honey 4 oz 100% juice*</th>
<th>Seasoned Black Beans&lt;br&gt;Fun Grape Tomatoes&lt;br&gt;&quot;Cool&quot; Cucumber Slices&lt;br&gt;Hot Cinnamon Apples/Pears&lt;br&gt;Juicy Orange Smiles 4 oz 100% juice*</th>
<th>Potato Wedges&lt;br&gt;Sunshine Soufflé (carrot)&lt;br&gt;Kale &amp; Craisin Salad&lt;br&gt;ZeeZee Flavored Applesauce cup&lt;br&gt;Mandarin Oranges 4 oz 100% juice*</th>
<th>Seasoned Green Beans&lt;br&gt;Sonoma Blend Veggies&lt;br&gt;Sliced Sweet Pears&lt;br&gt;Frozen Diced Fruit cup&lt;br&gt;Sliced Peaches 4 oz 100% juice*</th>
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**AND**<br>Lowfat Milk Choice<br>Lowfat Milk Choice<br>Lowfat Milk Choice<br>Lowfat Milk Choice<br>Lowfat Milk Choice

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| Dark Green vegetable serving<br>Red/Orange vegetable serving<br>Legume vegetable serving<br>Grains are Whole grain-rich |
|---|---|---|---|

*only 1 fruit juice carton per meal<br>**turkey/chicken<br>***vegetarian option
## Elementary Recommended Menu

**WEEK 4**  |  **Winter 2019**  
To be served:  Dec 2-6, Jan 13-17, Feb 10-13, Mar 9-12

### MONDAY
- **A+ Breakfast choices**
  - Chicken Mini Croissant
  - Yoplait Yogurt cup w/ Muffin Tops
- WG Cereal choice w/ graham
- 100% Juice and fruit serv
- Lowfat Milk Choice

### TUESDAY
- **Hot Entrée**
  - Student choice:
  - Tyson Popcorn Chicken w/ Sch-made WG Roll
  - OR
  - 3-Cheese Cavatappi*** (Mac&Chz) w/ Sch-made WG Roll
- **Vegetarian option***
  - Vegetarian entree offered daily - check school for choices
- **Sandwich Entrée**
  - PB&J *** Chz stick, Goldfish
  - Turkey & Cheese WG sub
- **Salad Meal w/ Crackers (vegetarian salad available upon request)**
  - Turkey Chef Salad
  - Veggie Salad w/ egg or cheese

### WEDNESDAY
- **A+ Breakfast choices**
  - Chicken Biscuit
  - Fluffy Scrambled Eggs & Biscuit
  - Fresh-baked WG Cinn Roll
  - WG Mini Pancakes
- WG Cereal choice w/ graham
- 100% Juice and fruit serv
- Lowfat Milk Choice

### THURSDAY
- **Hot Entrée**
  - Student choice:
  - Oven-baked Brd. Mozz Sticks*** w/ Fresh-made Tomato Soup
  - Nachos w/ Cheese*** & Meat
- **Vegetarian option***
  - Vegetarian entree offered daily - check school for choices
- **Sandwich Entrée**
  - PB&J *** Sunflower seeds, Grahams
  - Pizza "Munchable"**
- **Salad Meal w/ Crackers (vegetarian salad available upon request)**
  - Taco Salad

### FRIDAY
- **A+ Breakfast choices**
  - Chicken Croissant
  - Yoplait Yogurt cup w/ Muffin Tops
- WG Cereal choice w/ graham
- 100% Juice and fruit serv
- Lowfat Milk Choice

### Note:
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Dark Green vegetable serving  |  Red/Orange vegetable serving  |  Legume vegetable serving  |  Grains are Whole grain-rich

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**turkey/chicken**  |  **turkey**  |  **vegetarian option**