

FORSYTH COUNTY SCHOOLS

Revised July 2019

Elementary

Food & Nutrition Services

WEEK 1 Fall 2019

GLUTEN-FREE Options

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

To be served: Sept. 3-6, Oct 7-11

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Mini Croissant Yoplait Yogurt cup w/ Muffin Tops Yogurt Cup w/ Cheerios #Apple Cinn Cheerios (2) #Have 2 other Non-Wheat/corn based cereal choices 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fluffy Scrambled Eggs & GF Bun Fresh-baked WG Cinn Roll WG Mini Pancakes Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken -Biscuit Crm Cheese Mini Bagels WG Dutch Waffle WG Honey Bun Yogurt & Fruit Smoothie/Parfait Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant Yoplait Yogurt cup w/ Muffin Tops Yogurt Cup w/ Cheerios Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cinnamon Bites Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice
Hot Meal Choices WG Cheesy French Bread*** w/ Fresh-made Marinara dipping sauce (optional) OR Vegetarian option*** Vegetarian entree offered daily - check school for choices OR Sandwich Meal PB&J *** Chz stick, Goldfish Turkey & Cheese on GF Bread OR Salad Meal w/ Tortilla Chips (vegetarian salad available upon request) Turkey Chef Salad	NEW Chicken Bites Sch-made WG Roll OR Tyson Buffalo Tender-strips Sch-made WG Roll Grilled Chicken Filet on GF Bun PB&J *** Sunflower seeds, Grahams Pizza "Munchable"*** w/ GF Bread	Nachos w/ Cheese*** & Meat PB&J *** Chz stick, Goldfish Yogurt/Muffin Munchable*** w/ Cheerios	All-American Burger- on whole grain bun 2Fers Mini Burgers on GF Bun PB&J *** Sunflower seeds, Goldfish Pizza "Munchable"*** w/ GF Bread	Mini Breaded Cheese Raviolis w/ Fresh-made Marinara OR PB&J *** Gogurt, Grahams Yogurt/Muffin Munchable*** w/ Cheerios
WITH CHOICE OF 3 Shoestring Sweet Potatoes Steamed Broccoli Tossed Green Salad Sliced/Diced Pears Banana 4 oz 100% juice*	WITH CHOICE OF 3 Sonoma Vegetables Mashed Potatoes Sun-ripe Grape Tomatoes Mandarin Oranges Seasonal Fresh Fruit 4 oz 100% juice*	WITH CHOICE OF 3 Golden Corn Seasoned Black Beans Crunchy Celery Logs Sliced Peaches Sweet Apple Wedges 4 oz 100% juice*	WITH CHOICE OF 3 Oven-baked Crinkle Fries Cowboy BBQ Beans Cool Sliced Cucumbers Strawberries cups Pineapple Tidbits 4 oz 100% juice*	WITH CHOICE OF 3 Green Beans Tossed Green Salad Baby X-ray Vision Carrots Mixed Fruit Cocktail ZeeZee's Applesauce cup 4 oz 100% juice*
AND Lowfat Milk Choice	AND Lowfat Milk Choice	AND Low fat Milk Choice	AND Lowfat Milk Choice	AND Lowfat Milk Choice

Note: Availability of food, early release days and special school situations may require changes in menus without notice.

*only 1 fruit juice carton per meal

This institution is an equal opportunity provider.

**turkey

Dark Green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are Whole grain-rich

***vegetarian option

FORSYTH COUNTY SCHOOLS

Food & Nutrition Services

GLUTEN-FREE Options

Elementary

WEEK 2 Fall 2019

To be served: Aug 12-16, Sept 9-13, Oct 14-18

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

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Mini Croissant Yoplait Yogurt cup w/ Muffin Tops Yogurt Cup w/ Cheerios #Apple Cinn Cheerios (2) #Have 2 other Non-Wheat/corn based cereal choices 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fluffy Scrambled Eggs & GF Bun Fresh-baked WG Cinn Roll WG Mini Pancakes Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken -Biscuit Crn Cheese Mini Bagels WG Dutch Waffle WG Honey Bun Yogurt & Fruit Smoothie/Parfait Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant Yoplait Yogurt cup w/ Muffin Tops Yogurt Cup w/ Cheerios Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cinnamon Bites Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice
Hot Entrée Tyson Popcorn Chicken WG Soft Breadstick Grilled Ckn Filet on GF Bun OR Vegetarian option*** Vegetarian entree offered daily - check school for choices OR Sandwich Entrée PB&J *** Chz stick, Goldfish Turkey & Cheese on GF Bread OR Salad Meal w/ Tortilla Chips (vegetarian salad available upon request) Turkey Chef Salad	Student choice: Mini Chicken Sliders 2Fers Mini Burgers on GF Bun OR WG Wedge Pizza (cheese or T. pepperoni**) OR PB&J *** Sunflower seeds, Grahams Pizza "Munchable"*** w/ GF Bread	Nachos w/ Cheese*** & Meat OR PB&J *** Chz stick, Goldfish Yogurt/Muffin Munchable*** w/ Cheerios	Bosco MozzBrd Sticks*** w/ Homemade Marinara*** dipping sauce OR PB&J *** Sunflower seeds, Goldfish Pizza "Munchable"*** w/ GF Bread	<i>Breakfast for Lunch is BACK!</i> Fluffy Scrambled Eggs*** w/ Turkey Bacon & Biscuit or Mini Pancakes w/ GF Bread OR PB&J *** Gogurt, Grahams Yogurt/Muffin Munchable*** w/ Cheerios Ham & Cheese Chef Salad
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 Fresh Cucumber slices Sliced Peaches Sweet Seasonal Melon Frozen Fruit juice "Pearls" 4 oz 100% juice* AND Lowfat Milk Choice	WITH CHOICE OF 3 Golden Corn Charro-style Pintos 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 Seasonal Sweet Peaches 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

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

Dark Green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are Whole grain-rich

FORSYTH COUNTY SCHOOLS

Food & Nutrition Services

GLUTEN-FREE Options

Elementary

WEEK 3 Fall 2019

To be served: Aug 19-23, Sept 16-20, Oct 21-24

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

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Mini Croissant Yoplait Yogurt cup w/ Muffin Tops Yogurt Cup w/ Cheerios #Apple Cinn Cheerios (2) #Have 2 other Non-Wheat/corn based cereal choices 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fluffy Scrambled Eggs & GF Bun Fresh-baked WG Cinn Roll WG Mini Pancakes Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken -Biscuit Crm Cheese Mini Bagels WG Dutch Waffle WG Honey Bun Yogurt & Fruit Smoothie/Parfait Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant Yoplait Yogurt cup w/ Muffin Tops Yogurt Cup w/ Cheerios Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cinnamon Bites Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice
Hot Entrée Mini Italian Cheese Calzones*** w/ Fresh-made Marinara dipping sauce OR Vegetarian option*** Vegetarian entree offered daily - check school for choices OR Sandwich Entrée PB&J *** Chz stick, Goldfish Turkey & Cheese on GF Bread OR Salad Meal w/ Tortilla Chips (vegetarian salad available upon request) Turkey Chef Salad	Student choice: WG Corndog** OR 3-Cheese Cavatappi*** (Mac&Chz) w/ Soft WG Mini Roll OR PB&J *** Sunflower seeds, Grahams Pizza "Munchable"*** w/ GF Bread	Nachos w/ Cheese*** & Meat OR PB&J *** Chz stick, Goldfish Yogurt/Muffin Munchable*** w/ Cheerios	Tyson All-White Meat Brd Chicken Sandwich on WG Bun Grilled Chicken Filet on GF Bun OR PB&J *** Sunflower seeds, Goldfish Pizza "Munchable"*** w/ GF Bread	Stuffed Crust Pizza*** (cheese OR T.pepperoni**) OR PB&J *** Gogurt, Grahams Yogurt/Muffin Munchable*** w/ Cheerios
WITH CHOICE OF 3 Shoestring Sweet Potatoes Steamed Broccoli Caesar Salad Fruit Medley Sweet Apple Wedges 4 oz 100% juice* AND Lowfat Milk Choice	WITH CHOICE OF 3 Oven-baked Crinkle Fries Homestyle Baked Beans Coleสลaw Pineapple Tidbits Sweet Seasonal Melon 4 oz 100% juice* AND Lowfat Milk Choice	WITH CHOICE OF 3 Seasoned Black Beans Fun Grape Tomatoes "Cool" Cucumber Slices Hot Cinnamon Apples/Pears Juicy Orange Smiles 4 oz 100% juice* AND Low fat Milk Choice	WITH CHOICE OF 3 Potato Wedges Sunshine Souffle (carrot) Tossed Green Salad ZeeZee Flavored Applesauce cup Mandarin Oranges 4 oz 100% juice* AND Lowfat Milk Choice	WITH CHOICE OF 4 Seasoned Green Beans Sonoma Blend Veggies Sliced Sweet Pears Frozen Diced Fruit cup RIPS Frozen Juice Pouch 4 oz 100% juice* AND Lowfat Milk Choice

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**turkey/chicken

***vegetarian option

Dark Green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are Whole grain-rich

FORSYTH COUNTY SCHOOLS

Elementary

Food & Nutrition Services

WEEK 4 Fall 2019

GLUTEN-FREE Options

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

To be served: Aug 26-30, Sept 23-27, Oct 28-Nov 1

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Mini Croissant Yoplait Yogurt cup w/ Muffin Tops Yogurt Cup w/ Cheerios #Apple Cinn Cheerios (2) #Have 2 other Non-Wheat/corn based cereal choices 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fluffy Scrambled Eggs & GF Bun Fresh-baked WG Cinn Roll WG Mini Pancakes Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken -Biscuit Crm Cheese Mini Bagels WG Dutch Waffle WG Honey Bun Yogurt & Fruit Smoothie/Parfait Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant Yoplait Yogurt cup w/ Muffin Tops Yogurt Cup w/ Cheerios Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cinnamon Bites Apple Cinn Cheerios# (2) 100% Juice and fruit srv Lowfat Milk Choice
Hot Entrée Student choice: Tyson Popcorn Chicken w/ Sch-made WG Roll OR Salisbury Steak & gravy w/ Sch-made WG Roll OR Vegetarian option*** Vegetarian entree offered daily - check school for choices OR Sandwich Entrée PB&J *** Chz stick, Goldfish Turkey & Cheese on GF Bread OR Salad Meal w/ Tortilla Chips (vegetarian salad available upon request) Turkey Chef Salad	Oven-baked Brd. Mozz Sticks*** w/ Fresh-made Marinara Sauce PB&J *** Sunflower seeds, Grahams Pizza "Munchable"*** w/ GF Bread Veggie Salad w/ egg or cheese	Nachos w/ Cheese*** & Meat OR PB&J *** Chz stick, Goldfish Yogurt/Muffin Munchable*** w/ Cheerios Taco Salad	"2Fers" Mini Chz Burgers OR PB&J *** Sunflower seeds, Goldfish Pizza "Munchable"*** w/ GF Bread Buffalo Grilled Chicken Salad	WG Wedge Pizza *** (cheese OR T.pepperoni** choice) OR PB&J *** Gogurt, Grahams Yogurt/Muffin Munchable*** w/ Cheerios Ham & Cheese Chef Salad
WITH CHOICE OF 3 Mashed Potatoes Sweet Green Peas Mini Carrots in a bag Pineapple Tidbits Seasonal Fresh Fruit 4 oz 100% juice* AND Lowfat Milk Choice	WITH CHOICE OF 3 Roasted Summer Squash Fresh Broccoli Florets w/ dip Tossed Green Salad w/ tomato Sliced Peaches Banana 4 oz 100% juice* AND Lowfat Milk Choice	WITH CHOICE OF 3 Shredded Lettuce & Tomato Seasoned Pintos Crunchy Celery Logs Mandarin Oranges Sweet Sliced Pears 4 oz 100% juice* AND Low fat Milk Choice	WITH CHOICE OF 4 Shoestring Sweet Potatoes Green Beans Cool Cucumbers Hot Cinnamon Apples/Pears Juicy Orange Smiles Froz Juice "Pearls" 4 oz 100% juice* AND Lowfat Milk Choice	WITH CHOICE OF 3 Tossed Green Salad Golden Corn Orange Medley v-Juice Box Flavored Applesauce cup Sliced Peaches 4 oz 100% juice* AND Lowfat Milk Choice

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***turkey/chicken

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**turkey

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Red/Orange vegetable serving

Legume vegetable serving

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***vegetarian option