

FORSYTH COUNTY SCHOOLS

Revised February 2019

Elementary

Food & Nutrition Services

WEEK 1 Spring 2019

Elementary Recommended Lunch Menu

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Mini Croissant Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fluffy Scrambled Eggs & Biscuit Fresh-baked WG Cinn Roll WG Mini Pancakes WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken -Biscuit Crm Cheese Mini Bagels WG Dutch Waffle WG Honey Bun WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cinnamon Bites WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice
Hot Meal Choices All-American Burger on whole grain bun OR Broccoli & Cheese Pinwheel*** OR Vegetarian option*** Vegetarian entree offered daily - check school for choices OR Sandwich Meal PB&J *** Chz stick, Goldfish Turkey & Cheese WG sub OR Salad Meal w/ Crackers (vegetarian salad available upon request) Turkey Chef Salad	Tyson Popcorn Chicken WG Soft Roll OR Tyson Buffalo Tender-strips WG Soft Roll PB&J *** Gogurt, Grahams Pizza "Munchable"***	Nachos w/ Cheese*** & Meat PB&J *** Sunflower seeds, Goldfish Yogurt/Muffin Munchable***	WG Cheesy French Bread*** w/ Fresh-made Marinara dipping sauce PB&J *** Chz stick, Goldfish Pizza "Munchable"*** Ham & Cheese WG sub/wrap	All-Beef Hotdog on WG bun OR On 3/22: Crispy Fish Nuggets Kid Fav Mac & Cheese*** PB&J *** Gogurt, Grahams Yogurt/Muffin Munchable***
Turkey Chef Salad	Veggie Salad w/ egg or cheese	Taco Salad	Ham & Cheese Chef 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-baked Crinkle Fries Cowboy BBQ Beans Cool Sliced Cucumbers Strawberries Banana 4 oz 100% juice* AND Lowfat Milk Choice	Green Beans Mashed Potatoes Sun-ripe Grape Tomatoes Mandarin Oranges Seasonal Fresh Fruit 4 oz 100% juice* AND Lowfat Milk Choice	Golden Corn Seasoned Black Beans Crunchy Celery Logs Sliced Peaches Sweet Apple Wedges 4 oz 100% juice* AND Low fat Milk Choice	Shoestring Sweet Potatoes Steamed Broccoli Tossed Green Salad Sliced/Diced Pears Pineapple Tidbits 4 oz 100% juice* AND Lowfat Milk Choice	Seasoned Potato Wedges Creamy Coleslaw Baby X-ray Vision Carrots Mixed Fruit Cocktail ZeeZee's Applesauce cup 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.

*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

Elementary Recommended Menu

Elementary

WEEK 2 Spring 2019

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Mini Croissant Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fluffy Scrambled Eggs & Biscuit Fresh-baked WG Cinn Roll WG Mini Pancakes WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken -Biscuit Crm Cheese Mini Bagels WG Dutch Waffle WG Honey Bun WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cinnamon Bites WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice
Hot Entrée Tyson Popcorn Chicken WG Soft Breadstick OR Vegetarian option*** Vegetarian entree offered daily - check school for choices OR Sandwich Entrée PB&J *** Chz stick, Goldfish Turkey & Cheese WG sub OR Salad Meal w/ Crackers (vegetarian salad available upon request) Turkey Chef Salad	"2Fers" Mini Burger Sliders OR PB&J *** Gogurt, Grahams Pizza "Munchable"***	Nachos w/ Cheese*** & Meat OR PB&J Sunflower seeds, Goldfish Yogurt/Muffin Munchable***	Bosco MozzBrd Sticks*** w/ Homemade Marinara*** dipping sauce OR PB&J *** Chz stick, Goldfish Pizza "Munchable"*** Buffalo chicken Wrap	<i>Breakfast for Lunch</i> Fluffy Scrambled Eggs*** w/ Biscuit or Mini Pancakes OR PB&J *** Gogurt, Grahams Yogurt/Muffin Munchable***
Veggie Salad w/ egg or cheese	Taco Salad	Buffalo Chicken Salad	Ham & Cheese Chef Salad Veggie Salad w/ egg or cheese	
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 Fresh Fruit Frozen Fruit juice "Pearls" 4 oz 100% juice* AND Lowfat Milk Choice	WITH CHOICE OF 3 Sonoma Blend Veggies 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 Golden Corn 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.

*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

Elementary Recommended Menu

Elementary

WEEK 3 Spring 2019

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 Mini Croissant Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fluffy Scrambled Eggs & Biscuit Fresh-baked WG Cinn Roll WG Mini Pancakes WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken -Biscuit Crm Cheese Mini Bagels WG Dutch Waffle WG Honey Bun WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cinnamon Bites WG Cereal choice w/ grahams 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 WG sub OR Salad Meal w/ Crackers (vegetarian salad available upon request) Turkey Chef Salad	All-American Burger on WG Bun OR WG Corndog** OR PB&J *** Gogurt, Grahams Pizza "Munchable"***	Nachos w/ Cheese*** & Meat OR PB&J *** Sunflower seeds, Goldfish Yogurt/Muffin Munchable***	Tyson All-White Meat Chicken Sandwich on WG Bun OR PB&J *** Chz stick, Goldfish Pizza "Munchable"*** WG Ham & Cheese Sub/Roll-up	Stuffed Crust Pizza*** (cheese OR pepperoni options) OR On 3/8 & 4/12: Seafood Basket Cheesy Biscuit or mini roll OR PB&J *** Gogurt, Grahams Yogurt/Muffin Munchable***
Turkey Chef Salad	Veggie Salad w/ egg or cheese	Taco Salad	Ham & Cheese Chef Salad	Rotisserie Chicken Salad
WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 4
Golden Corn Shoestring Sweet Potatoes Steamed Broccoli Fruit Medley Sweet Apple Wedges 4 oz 100% juice* AND Lowfat Milk Choice	Oven-baked Crinkle Fries Homestyle Baked Beans Coleslaw Pineapple Tidbits Sweet Seasonal Fruit 4 oz 100% juice* AND Lowfat Milk Choice	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	Potato Wedges Sunshine Souffle (carrot) Tossed Green Salad ZeeZee Flavored Applesauce cup Mandarin Oranges 4 oz 100% juice* AND Lowfat Milk Choice	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

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/chicken

Dark Green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are Whole grain-rich

***vegetarian option

FORSYTH COUNTY SCHOOLS

Food & Nutrition Services

Elementary Recommended Menu

Elementary

WEEK 4 Spring 2019

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 Mini Croissant Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fluffy Scrambled Eggs & Biscuit Fresh-baked WG Cinn Roll WG Mini Pancakes WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken -Biscuit Crm Cheese Mini Bagels WG Dutch Waffle WG Honey Bun WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant Yoplait Yogurt cup w/ Muffin Tops WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cinnamon Bites WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice
Hot Entrée 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 WG sub OR Salad Meal w/ Crackers (vegetarian salad available upon request) Turkey Chef Salad	Oven-baked Brd. Mozz Sticks*** w/ Fresh-made Marinara Sauce PB&J *** Gogurt, Grahams Pizza "Munchable"*** Veggie Salad w/ egg or cheese	Nachos w/ Cheese*** & Meat PB&J Sunflower seeds, Goldfish Yogurt/Muffin Munchable*** Taco Salad	Mini Chicken Sliders PB&J *** Chz stick, Goldfish Pizza "Munchable"*** Buffalo Chicken Wrap WG Buffalo Chicken Salad	WG Wedge Pizza *** (cheese OR pepperoni options) PB&J *** Gogurt, Grahams Yogurt/Muffin Munchable*** Ham & Cheese Chef Salad Veggie Salad w/ egg or cheese
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 Roasted Cabbage Golden Corn Orange Medley v-Juice Box Flavored Applesauce cup Sliced Peaches 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.

***turkey/chicken

"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