

FEBRUARY  
2024


# FORSYTH COUNTY SCHOOLS

## Middle School Winter Menu

For individual school's menu go to: [www.mealviewer.com](http://www.mealviewer.com)



Yellow highlights indicate GLUTEN-FREE option available. Speak with your cafeteria manager about receiving this option.

2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY FEB 1	FRIDAY FEB 2
Lunch is served daily w/ a variety of fruits & vegetables & a variety of lowfat milk				•Bacon Cheeseburger or Hamburger (Gluten-Free Bun available)	•Homemade Chicken Noodle Soup & Grilled Cheese Sandwich (Gluten-Free bread available)
ALL Fruit and Vegetables are Gluten Free				•Chicken & Waffles  <b>Sandwich Entrée</b> •Chicken Tender Wrap (Turkey&Cheese GF bun available) •Buffalo Chicken Salad	•Primo Buffalo Chicken Pizza
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)					
•Smuckers PB&J Chz stick, Cheez It** meal available daily					
3	MONDAY FEB 5	TUESDAY FEB 6	WEDNESDAY FEB 7	THURSDAY FEB 8	FRIDAY FEB 9
•Popcorn Chicken w/ WG Roll  •Buffalo Chicken Tenders w/WG Roll  <b>Sandwich Entrée</b> •Turkey & Cheese WG Sub (Gluten-Free Bun available)		•Nachos w/ Cheese** & Meat  •Calzone w/Cheese** or Pepperoni  <b>Sandwich Entrée</b> •Grilled Chicken Caesar Wrap (Ham & Cheese on GF bun available)	•Garlic French Bread w/ Tomato Soup  •Mini Chicken Sliders  <b>Sandwich Entrée</b> •Buffalo Chicken Wrap (Turkey&Cheese GF bun available)	•Breaded Chicken (Drumstick or Thigh) w/ WG Roll  •Beef Sticks w/ Gravy Dipping Sauce & WG Roll <b>Sandwich Entrée</b> •Ham & Cheese WG Sub (Gluten-Free Bun available)	•Asian Chicken Rice Bowl w/ Spring Roll  •Primo Pizza Cheese** or Pepperoni (Turkey&Cheese GF bun available)
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)					
•California Chicken Salad		•Taco Salad /•Veggie Salad	•Chef Salad w/Ham	•Buffalo Chicken Salad	
•Smuckers PB&J, Chz stick, Cheez It** meal available daily					
1	MONDAY FEB 12	TUESDAY FEB 13	WEDNESDAY FEB 14	THURSDAY FEB 15	FRIDAY FEB 16
•Spaghetti w/ Meatballs & Meatless Sauce or Meatball Sub  •Corn Dogs  <b>Sandwich Entrée</b> •Hoagie Club(Turkey& Ham) (Turkey, Ham & Cheese on GF bun available )		•Nachos w/ Cheese** & Meat  •Personal Pan Pizza Cheese** or Supreme  <b>Sandwich Entrée</b> •Southwest Turkey&Cheese Wrap (Turkey&Cheese GF bun available)	•Bosco Cheese-Stuffed Breadsticks w/Fresh-Made Marinara  •Brookwood BBQ Sandwich (Gluten-Free Bun available) <b>Sandwich Entrée</b> •Buffalo Chicken Wrap	•Macaroni & Cheese Bowl w/ Toppings w/ WG Roll  •Crispy Chicken Chunks (Dill&Spicy) w/ WG Roll <b>Sandwich Entrée</b> •Ham & Cheese Sub (Gluten-Free Bread available)	STUDENT HOLIDAY
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)				•Buffalo Chicken Salad	
•Southwest Chicken Salad		•Taco Salad /•Veggie Salad	•Chef Salad w/Ham	•Buffalo Chicken Salad	
•Smuckers PB&J Chz stick, Cheez It** meal available daily					
2	MONDAY FEB 19	TUESDAY FEB 20	WEDNESDAY FEB 21	THURSDAY FEB 22	FRIDAY FEB 23
STUDENT HOLIDAY	STUDENT HOLIDAY	•Hot Dog on WG Bun (Gluten-Free Bun available)	•Bacon Cheeseburger or Hamburger (Gluten-Free Bun available)	•Homemade Chicken Noodle Soup & Grilled Cheese Sandwich (Gluten-Free bread available)	
		•Lasagna Roll-up** w/ Garlic Breadstick <b>Sandwich Entrée</b> •Buffalo Chicken Wrap	•Chicken & Waffles  <b>Sandwich Entrée</b> •Chicken Tender Wrap (Turkey&Cheese, GF bun available)	•Primo Buffalo Chicken Pizza	
		•Chef Salad w/Turkey	•Buffalo Chicken Salad		
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)					
•Smuckers PB&J Chz stick, Cheez It** meal available daily					

3 MONDAY FEB 26	TUESDAY FEB 27	WEDNESDAY FEB 28	THURSDAY FEB 29	FRIDAY MARCH 1
<ul style="list-style-type: none"> <li>•Tyson Popcorn Chicken served w/ WG Roll</li> <li>•Buffalo Chicken Tenders served w/ WG Roll</li> </ul> <b>Sandwich Entrée</b> <ul style="list-style-type: none"> <li>•Turkey &amp; Cheese WG Sub</li> </ul>	<ul style="list-style-type: none"> <li>•Nachos w/ Cheese** &amp; Meat</li> <li>•Calzone w/Cheese** or Pepperoni</li> </ul> <b>Sandwich Entrée</b> <ul style="list-style-type: none"> <li>•Grilled Chicken Caesar Wrap</li> </ul>	<ul style="list-style-type: none"> <li>•Garlic French Bread w/ Tomato Soup</li> <li>•Mini Chicken Sliders</li> </ul> <b>Sandwich Entrée</b> <ul style="list-style-type: none"> <li>•Buffalo Chicken Wrap</li> </ul>	<ul style="list-style-type: none"> <li>•Breaded Chicken (Drumstick or Thigh) w/ WG Roll</li> <li>•Beef Sticks w/ Gravy Dipping Sauce &amp; WG Roll</li> </ul> <b>Sandwich Entrée</b> <ul style="list-style-type: none"> <li>•Ham &amp; Cheese WG Sub</li> </ul>	<ul style="list-style-type: none"> <li>•Asian Chicken Rice Bowl w/ Spring Roll</li> <li>•Primo Pizza Cheese** or Pepperoni</li> </ul>
<b>Salad Meal w/ Crackers or Flatbread</b> (vegetarian salad available upon request)			(Gluten-Free Bun available)	(Turkey&Cheese GF bun available)
•California Chicken Salad	•Taco Salad /•Veggie Salad	•Chef Salad w/Ham	•Buffalo Chicken Salad	
•Smuckers PB&J Chz stick, Cheez It** meal available daily				

**Vegetarian option\*\*** Vegetarian entree offered daily - check school for choices

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

This institution is an equal opportunity provider.