

# FORSYTH COUNTY SCHOOLS

## High School April & May Menu

For specific schools menu go to: [www.mealviewer.com](http://www.mealviewer.com)



April 8-12, April 29-May 3, & May 20-23

WK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti w/ Meatballs Meatless Sauce ***	Nachos w/ Cheese*** & Meat	Bosco Cheese-Stuffed Breadsticks*** w/ Fresh-made Marinara***	Crispy Chicken Chunks (Dill/Spicy) WG Roll	Stuffed-crust Pizza*** (Cheese*** or Pepperoni)
Meatball Sub	Quesadilla Pizza ***	Brookwood BBQ Sandwich BBQ on GF Bun	Macaroni & Cheese Bowl w/Toppings	Popcorn Chicken w/ WG Roll
Primo Wedge Pizza Pepperoni or Cheese***	Popcorn Chicken w/WG roll	Asian Chicken w/Roll	Sch-made Cheese*** or Pepperoni Pizza Veggie*** or specialty Pizza	Chicken Enchilada Empanada
<u>Sandwich Entrée</u> Smuckers PB&J***	<u>Sandwich Entrée</u> Smuckers PB&J***	<u>Sandwich Entrée</u> Smuckers PB&J***	<u>Sandwich Entrée</u> Smuckers PB&J***	<u>Sandwich Entrée</u> Smuckers PB&J***
Turkey, Ham & Cheese Hoagie	Southwest Turkey Wrap	Buffalo Chicken Wrap	Ham & Cheese Sub	
Turkey, Ham & Cheese GF Bun	Turkey & Cheese GF Bun		Ham & Cheese GF Bun	
<b>Salad Meal w/ Crackers or Flatbread</b> (vegetarian salad available upon request)				
Southwest Chicken Salad	Taco Salad /Veggie Salad***	Chef Salad w/Ham	Tyson Buffalo Chicken Salad	
<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>
Caesar Salad	Seasoned Roasted Corn	Seasoned Potato Wedges	Seasoned Green Beans	Green Beans
Sonoma Vegetables	Seasoned Black Beans	Steamed Broccoli	Creamy Mashed Potatoes	Tossed Salad
Veggie Dippers	Crunchy Celery Logs	Sun-ripe Grape Tomatoes	Harvest Cooked Carrots	Baby Carrots
Sliced/Diced Pears	Sliced Peaches	Mandarin Oranges	Frozen Diced Fruit cup	Flavored Applesauce Cup
Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
Low fat Milk Choice	Low fat Milk Choice	Low fat Milk Choice	Low fat Milk Choice	Low fat Milk Choice
<b>Vegetarian Entrée option***</b>	<b>Vegetarian entree offered daily - check school for choices</b>			
<b>Gluten Free Entree Option</b>	<b>ALL Fruit and Vegetables are gluten-free</b>			
Dark Green vegetable serving	Red/Orange vegetable serving	Legume vegetable serving		
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.				

# FORSYTH COUNTY SCHOOLS

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April 15-19 & May 6-10



WK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gold Creek Chicken Filet Sandwich Dill/Spicy Grilled Chicken on GF Bun	Nachos w/ Cheese*** & Meat	Hot Dog on WG Bun Hot Dog on GF Bun	Cheeseburger or Hamburger Cheeseburger or Hamburger on GF BUN	Country-Fried Beef Sticks
Breaded Mozzarella Sticks *** w/ Fresh-made Marinara	Quesadilla Pizza *** Popcorn Chicken w/WG roll	Parmesan Steak Strips w/Noodles Stuffed-crust Cheese or Pepperoni Pizza	Chicken & Waffles Sch-made Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Baked Potato w/ Toppings w/ WG Roll Buffalo Chicken Pizza
Corn Dog				
<u>Sandwich Entrée</u> Smuckers PB&J*** Ham or Turkey & Cheese Sub Turkey & Cheese GF Bun	<u>Sandwich Entrée</u> Smuckers PB&J*** Turkey & Cheese Sub Turkey & Cheese GF Bun	<u>Sandwich Entrée</u> Smuckers PB&J*** Buffalo Chicken Wrap	<u>Sandwich Entrée</u> Smuckers PB&J*** Chicken Tender Wrap Turkey & Cheese GF Bun	
<b>Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)</b>				
Chef Salad w/ Ham	Taco Salad /Veggie Salad***	Chef Salad w/Turkey	Tyson Buffalo Chicken Salad	
<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>
Crinkle Cut oven-baked Fries Mixed Vegetables Baby Carrots Fruit Cocktail Seasonal Fresh Fruit Low fat Milk Choice	Corn Refried Beans topped with Mozz Cheese Shredded Lettuce w Diced Tomatoes Sliced Peaches Frozen Lemon Raspberry Fruit Cup Seasonal Fresh Fruit Low fat Milk Choice	Tator Tots Tossed Salad Baked Beans Sliced Pears Hot Cinnamon Apples/Pears Seasonal Fresh Fruit Low fat Milk Choice	Shoestring Sweet Potatoes Leaf Lettuce w/Slice Tomato Crispy Celery Logs Frozen Fruit cups Seasonal Fresh Fruit Lowfat Milk Choice	Spinach Salad w/ Craisins Green Peas Veggie Dippers Pineapple Tidbits Seasonal Fresh Fruit
<b>Vegetarian Entree option***</b>	Vegetarian entree offered daily - check school for choices			
<b>Gluten Free Entree Option</b>	<b>ALL Fruit and Vegetables are gluten-free</b>			
Dark Green vegetable serving	Red/Orange vegetable serving	Legume vegetable serving		

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**FORSYTH COUNTY SCHOOLS**  
**High School April & May Menu**

For specific schools menu go to: [www.mealviewer.com](http://www.mealviewer.com)



April 22-26 & May 13-17

WK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dill Chicken Chunks served w/ WG Roll	Nachos w/ Cheese*** & Meat	Beef Steak Alfredo w/ Penne	Gold Creek Breaded Chicken Drumstick or Thigh w/ WG Roll	Asian Chicken Rice/Pasta Veggie Bowl served w/Spring Roll
Grilled Chicken on GF BUN				
Chicken Tenders (Plain/Spicy) served w/ WG Roll	Cheeseburger/Hamburger	Mini Chicken Sliders	Beef Sticks w/Gravy Dipping Sauce w/ WG Roll	Dripping Ckn Tender Sandwich
	Hamburger on GF Bun			
Primo Pizza	Calzone w/Cheese*** or Pepperoni	Chicken & Pasta Alfredo/Pesto	Sch-made Cheese*** or Pepperoni Pizza	Pizza Cheese Stuffed Breadsticks***
Cheese *** & Meat-lovers Pizza			Veggie*** or Specialty Pizza	w/ Fresh-made Marinara***
<u>Sandwich Entrée</u>	<u>Sandwich Entrée</u>	<u>Sandwich Entrée</u>	<u>Sandwich Entrée</u>	<u>Sandwich Entrée</u>
Smuckers PB&J***	Smuckers PB&J***	Smuckers PB&J***	Smuckers PB&J***	Smuckers PB&J***
Ham or Turkey & Cheese Sub	Tyson Grilled Chicken Caesar Wrap	Buffalo Chicken Wrap	Ham & Cheese Sub	
Turkey & Cheese GF Bun	Ham & Cheese GF Bun	Turkey & Cheese GF Bun	Ham & Cheese GF Bun	Turkey & Cheese GF Bun
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)				
California Salad	Taco Salad /Veggie Salad ***	Chef Salad w/Ham	Buffalo Chicken Salad	
<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>	<b>WITH CHOICE OF 4</b>
Seasoned Potato Wedges	Seasoned Black Beans	Shoestring Sweet Potatoes	Cheesy Au Gratin Potatoes	Spinach Salad w/Craisins
Fresh Garden Tossed Salad	Shredded Lettuce & Diced Tomatoes	Steamed Broccoli	Seasoned Green Beans	Asian Blend Veggies
Steamed Carrots	"Cool" Cucumber Slices	Crispy Celery Sticks	Veggie Dippers	Grape Tomatoes/Carrots
Sweet Pineapple Tidbits	Applesauce Cup Variety	Frozen Fruit Cups	Sliced Peaches	Mandarin Oranges
Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Sweet Pineapple Tidbits
				Frosted Cookie WG
Lowfat Milk Choice	Lowfat Milk Choice	Low fat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice
Vegetarian option***	Vegetarian entree offered daily - check school for choices			
Gluten Free Entree Option	ALL Fruit and Vegetables are gluten-free			
Dark Green vegetable serving	Red/Orange vegetable serving	Legume vegetable serving		

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