

January 4-5, 2024

Wk 1

FORSYTH COUNTY SCHOOLS
High School Winter Menu
Schools menu go to: www.mealviewer.com



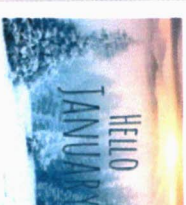
MONDAY Jan.1	TUESDAY Jan.2	WEDNESDAY Jan.3	THURSDAY Jan.4	FRIDAY Jan.5
			Macaroni Cheese Bowl w/Toppings	Hearty Homemade Chili Bowl w/Toppings
			Crispy Chicken Chunks (Dill/Spicy) WG Roll	Served w/Fritos or Crackers Chicken Queso Empanada
			Sch-made Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Cheese Stuffed Crust Pizza Cheese*** & Pepperoni
			Smuckers PB&J*** Ham & Cheese WG Hoagie	Smuckers PB&J***
			Ham & Cheese GF Bun	Turkey & Cheese GF Bun
			Tyson Buffalo Chicken Salad	
			WITH CHOICE OF 3	WITH CHOICE OF 3
			Seasoned Green Beans	Tossed Green Salad
			Sunshine Souffle (carrot)	Golden Sweet Corn
			Creamy Mashed Potatoes	Baby X-ray Vision Carrots
			Seasonal Fresh Fruit	Applesauce Cup Variety
			Froz Diced Fruit cup	Seasonal Fresh Fruit
			Apple Brown Betty	
Vegetarian Entrée option***				
Vegetarian entree offered daily - check school for choices				
Gluten Free Entrée Option				
ALL Fruit and Vegetables GF				
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.

January 8-12, 2024

WK2

FORSYTH COUNTY SCHOOLS
High School Winter Menu
Schools menu go to: www.mealviewer.com



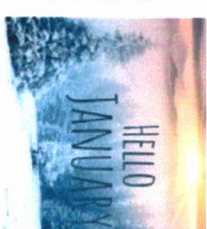
MONDAY Jan.8	TUESDAY Jan.9	WEDNESDAY Jan.10	THURSDAY Jan.11	FRIDAY Jan.12
Gold Creek Chicken Filet Sandwich Dill/Spicy	Nachos w/ Cheese*** & Meat	Hot Dog on WG Bun Hot Dog on GF Bun	Bacon Cheeseburger or Hamburger Cheeseburger or Hamburger on GF BUN	Homemade Chicken Noodle Soup w/ Toasted Grilled Cheese Sandwich*** Grilled Cheese on GF Bread
Grilled Chicken on GF Bun				
Breaded Mozzarella Sticks *** w/ Fresh-made Marinara	Quesadilla Pizza ***	Italian Chicken Parmesan w/Noodles	Chicken Tenders & Waffle	Baked Potato w/Topping Bar
Taco Soup w/Tortilla Chips	Popcorn Chicken w/WG Roll	Supreme or Cheese***Personal Pan Pizza	Sch-made Cheese or Pepperoni** Pizza Veggie or specialty Pizza	Primo Buffalo Ckn Pizza
Sandwich Entrée Smuckers PB&J*** Ham & Cheese WG Hoagie	Smuckers PB&J*** Turkey & Cheese WG Hoagie	Smuckers PB&J*** Buffalo Chicken Wrap	Smuckers PB&J*** Chicken Tender Wrap Turkey & Cheese GF Bun	Smuckers PB&J***
Ham & Cheese GF Bun	Turkey & Cheese GF Bun			
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)				
Mediterranean Salad WITH CHOICE OF 4	Taco Salad /Veggie Salad WITH CHOICE OF 4	Chef Salad w/Turkey WITH CHOICE OF 4	Tyson Buffalo Chicken Salad WITH CHOICE OF 4	WITH CHOICE OF 4
Crispy Crinkle Fries Mixed Vegetables	Roasted Corn Black Beans	Tator Tots Tossed Salad	Shoestring Sweet Potatoes Leaf Lettuce w/Slice Tomato	Spinach Salad w/Craisins Green Peas
Crunchy Baby Carrots	Shredded Lettuce w/Diced Tomatoes Sweet Sliced Peaches	Ranch Beans Sliced Pears	Crispy Celery Logs Strawberries cups	Veggie Dippers Pineapple Tidbits
Fruit Cocktail Seasonal Fresh Fruit	Seasonal Fresh Fruit Frozen Lemon Raspberry Fruit cup	Hot Cinnamon Apples/Pears	Seasonal Fresh Fruit	Seasonal Fresh Fruit WG Brownie
Lowfat Milk Choice	Lowfat Milk Choice	Low fat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice
Vegetarian Entree option***	Vegetarian entree offered daily - check school for choices			
Gluten Free Entree Option	ALL Fruit and Vegetables GF			
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.

January 15-19, 2024

WK 3

FORSYTH COUNTY SCHOOLS
High School Winter Menu
Schools menu go to: www.mealviewer.com



MONDAY Jan.15	TUESDAY Jan.16	WEDNESDAY Jan.17	THURSDAY Jan.18	FRIDAY Jan.19
<div><p>Student/Staff Holiday</p></div>	<div>Nachos w/ Cheese*** & Meat</div>	<div>Garlic French Bread *** w/ Tomato Basil Soup ***</div>	<div>Gold Creek Breaded Chicken Drumstick or Thigh w/ WG Roll</div>	<div>Asian Chicken Rice/Pasta Veggie Bowl served w/Spring Roll</div>
	<div>Cheeseburger/Hamburger Hamburger on GF Bun</div>	<div>Mini Chicken Sliders</div>	<div>Beef Sticks w/Gravy Dipping Sauce w/ WG Roll</div>	<div>Dripping Ckn Tender Sandwich</div>
	<div>Calzone w/Cheese or Pepperoni</div>	<div>Chicken & Pasta Alfredo/Pesto</div>	<div>Sch-made Cheese or Pepperoni** Pizza Veggie or specialty Pizza</div>	<div>Pizza Cheese Stuffed Breadsticks w/ Fresh-made Marinara</div>
	<div>Smuckers PB&J*** Tyson Grilled Chicken Caesar Wrap Ham & Cheese GF Bun</div>	<div>Smuckers PB&J*** Buffalo Chicken Wrap Turkey & Cheese GF Bun</div>	<div>Smuckers PB&J*** SW Turkey Wrap Ham & Cheese GF Bun</div>	<div>Smuckers PB&J*** Turkey & Cheese GF Bun</div>
	<div>Taco Salad /Veggie Salad ** WITH CHOICE OF 3</div>	<div>Chef Salad w/Ham WITH CHOICE OF 3</div>	<div>Buffalo Chicken Salad WITH CHOICE OF 3</div>	<div>WITH CHOICE OF 3</div>
	<div>Seasoned Black Beans Shred Lettuce & Diced Tomatoes "Cool" Cucumber Slices Applesauce Cup Variety Seasonal Fresh Fruit</div>	<div>Shoestring Sweet Potatoes Steamed Broccoli Crispy Celery Sticks Frozen Fruit Cups Seasonal Fresh Fruit</div>	<div>Cheesy Potato AuGratin Seasoned Green Beans Veggie Dippers Sliced Peaches Seasonal Fresh Fruit</div>	<div>Spinach Salad w/Craisins Asian Blend Veggies Sticks&Stones (Grape Tomatoes/Carrots) Mandarin Oranges Sweet Pineapple Chunks Frosted Cookie WG Lowfat Milk Choice</div>
	<div>Lowfat Milk Choice</div>	<div>Low fat Milk Choice</div>	<div>Lowfat Milk Choice</div>	
Vegetarian option***	Vegetarian entree offered daily - check school for choices			
Gluten Free Entree Option	ALL Fruit and Vegetables GF			
Dark Green vegetable serving	Red/Orange vegetable serving	Legume vegetable serving		

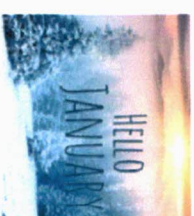
Note: Availability of food, early release days and special school situations may require changes in menus without notice.

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

January 22-26, 2024

WK 1

FORSYTH COUNTY SCHOOLS
High School Winter Menu
Schools menu go to: www.mealviewer.com



MONDAY Jan.22	TUESDAY Jan.23	WEDNESDAY Jan.24	THURSDAY Jan.25	FRIDAY Jan.26
Spaghetti w/ Meatballs Meatless Sauce *** Meatball Sub	Nachos w/ Cheese*** & Meat Quesadilla Pizza ***	Tyson Bosco Stuffed Breadsticks w/ Fresh-made Marinara Brookwood BBQ Sandwich BBQ on GF Bun	Macaroni Cheese Bowl w/Toppings Crispy Chicken Chunks (Dill/Spicy) WG Roll	Hearty Homemade Chili Bowl w/Toppings Served w/Fritos or Crackers Chicken Queso Empanada
Primo/Wedge Pizza Pepperoni or Cheese Sandwich Entrée Smuckers PB&J***	Corn Dog Popcorn Chicken w/WG Roll Smuckers PB&J***	Asian Chicken w/Roll Smuckers PB&J***	Sch-made Cheese or Pepperoni** Pizza Veggie or Specialty Pizza Smuckers PB&J***	Cheese Stuffed Crust Pizza Cheese*** & Pepperoni Smuckers PB&J***
Hoagie Club (Turkey&Ham) Ham & Cheese GF Bun	SW Turkey & Cheese Wrap Turkey & Cheese GF Bun	Buffalo Chicken Wrap	Ham & Cheese WG Hoagie Ham & Cheese GF Bun	Turkey & Cheese GF Bun
Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)				
Southwest Chicken Salad WITH CHOICE OF 3	Taco Salad /Veggie Salad WITH CHOICE OF 3	Chef Salad w/Ham WITH CHOICE OF 3	Tyson Buffalo Chicken Salad WITH CHOICE OF 3	WITH CHOICE OF 3
Caesar Salad Sonoma Vegetables Veggie Dippers Sliced/Diced Pears Seasonal Fresh Fruit	Seasoned Roasted Corn Seasoned Black Beans Crunchy Celery Logs Sliced Peaches Seasonal Fresh Fruit	Seasoned Potato Wedges Steamed Broccoli Sun-ripe Grape Tomatoes Mandarin Oranges Seasonal Fresh Fruit	Seasoned Green Beans Sunshine Souffle (carrot) Creamy Mashed Potatoes Seasonal Fresh Fruit Froz Diced Fruit cup Apple Brown Betty	Tossed Green Salad Golden Sweet Corn Baby X-ray Vision Carrots Applesauce Cup Variety Seasonal Fresh Fruit
Vegetarian Entrée option***				
Vegetarian entree offered daily - check school for choices				
Gluten Free Entrée Option				
ALL Fruit and Vegetables GF				
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.

January 29-31, 2024

WK2

FORSYTH COUNTY SCHOOLS
High School Winter Menu
Schools menu go to: www.mealviewer.com



MONDAY Jan.29	TUESDAY Jan. 30	WEDNESDAY Jan. 31		
Gold Creek Chicken Filet Sandwich Dill/Spicy	Nachos w/ Cheese *** & Meat	Hot Dog on WG Bun Hot Dog on GF Bun		
Grilled Chicken on GF Bun				
Breaded Mozzarella Sticks *** w/ Fresh-made Marinara	Quesadilla Pizza ***	Italian Chicken Parmesan w/Noodles		
Taco Soup w/Tortilla Chips	Popcorn Chicken w/WG Roll	Supreme or Cheese ***Personal Pan Pizza		
Sandwich Entrée Smuckers PB&J*** Ham & Cheese WG Hoagie Ham & Cheese GF Bun	Smuckers PB&J*** Turkey & Cheese WG Hoagie Turkey & Cheese GF Bun	Smuckers PB&J*** Buffalo Chicken Wrap		
Salad Meal w/ Crackers or Flatbread Mediterranean Salad WITH CHOICE OF 3	Taco Salad /Veggie Salad WITH CHOICE OF 3	Chef Salad w/Turkey WITH CHOICE OF 3		
Crispy Crinkle Fries Mixed Vegetables Crunchy Baby Carrots Fruit Cocktail Seasonal Fresh Fruit Lowfat Milk Choice	Roasted Corn Black Beans Shredded Lettuce w/Diced Tomatoes Sweet Sliced Peaches Seasonal Fresh Fruit Frozen Lemon Raspberry Fruit cup Lowfat Milk Choice	Tator Tots Tossed Salad Ranch Beans Sliced Pears Hot Cinnamon Apples/Pears Low fat Milk Choice		
Vegetarian Entrée option***	Vegetarian entrée offered daily - check school for choices			
Gluten Free Entrée Option	ALL Fruit and Vegetables GF			
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.