

# FORSYTH COUNTY SCHOOLS

## MIDDLE Winter Menu

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



**JANUARY  
2024**

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

| MONDAY JAN 1  | TUESDAY JAN 2  | WEDNESDAY JAN 3  | THURSDAY JAN 4  | FRIDAY JAN 5  |
|---|--|--|---|---|
| NEW YEAR'S DAY  | NO SCHOOL  | NO SCHOOL  | <ul style="list-style-type: none"> <li>•Macaroni &amp; Cheese Bowl w/WG Roll</li> <li>•Crispy Chicken Chunks (Dill or Spicy) w/ WG Roll</li> </ul>                  | <ul style="list-style-type: none"> <li>•Hearty Homemade Chili Bowl w/Toppings, Fritos, Crackers</li> <li>•Cheese or Pepperoni stuffed-crust Pizza**</li> </ul>                    |
| Lunch is served daily w/ a variety of fruits & vegetables & a variety of lowfat milk  |  |  | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Ham &amp; Cheese WG Sub (Gluten-Free Bun available)</li> <li>•Buffalo Chicken Salad</li> </ul>    | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Turkey &amp; Cheese WG Sub (Gluten-Free Bun available)</li> </ul>   |
| •Smuckers PB&J Chz stick, Cheez It** available daily  |  |  |   |   |
| MONDAY JAN 8  | TUESDAY JAN 9  | WEDNESDAY JAN 10   | THURSDAY JAN 11   | FRIDAY JAN 12   |
| <ul style="list-style-type: none"> <li>•Gold Creek Chicken Sandwich (Grilled Chicken Breast Filet &amp; Gluten-Free Bun available)</li> <li>•Brd Mozzarella Cheese Sticks w/ Fresh-made Marinara**</li> </ul> | <ul style="list-style-type: none"> <li>•Nachos w/ Cheese** &amp; Meat</li> <li>•Quesadilla Pizza **</li> </ul>   | <ul style="list-style-type: none"> <li>•Hot Dog on WG Bun (Gluten-Free Bun available)</li> <li>•Lasagna Roll-up** w/ Garlic Breadstick</li> </ul>                | <ul style="list-style-type: none"> <li>•Bacon Cheeseburger or Hamburger (Gluten-Free Bun available)</li> <li>•Chicken &amp; Waffles</li> </ul>                      | <ul style="list-style-type: none"> <li>•Homemade Chicken Noodle Soup &amp; Grilled Cheese Sandwich (Gluten-Free bread available)</li> <li>•Primo Buffalo Chicken Pizza</li> </ul> |
| <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Ham &amp; Cheese WG Sub (Gluten-Free Bun available)</li> </ul>  | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Turkey &amp; Cheese WG Sub (Gluten-Free Bun available)</li> </ul>                        | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Buffalo Chicken Wrap</li> </ul>  | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Chicken Tender Wrap (Turkey&amp;Cheese GF bun available)</li> </ul>                               |   |
| Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)   |  |  |   |   |
| •Mediterranean Salad  | •Taco Salad /•Veggie Salad   | •Chef Salad w/Turkey   | •Buffalo Chicken Salad  |   |
| •Smuckers PB&J Chz stick, Cheez It** available daily  |  |  |   |   |
| MONDAY JAN 15   | TUESDAY JAN 16   | WEDNESDAY JAN 17   | THURSDAY JAN 18   | FRIDAY JAN 19   |
| STUDENT HOLIDAY   | <ul style="list-style-type: none"> <li>•Nachos w/ Cheese** &amp; Meat</li> <li>•Calzone w/ cheese or pepperoni **</li> </ul>                               | <ul style="list-style-type: none"> <li>•Garlic French Bread w/ Tomato Basil Soup</li> <li>•Mini Chicken Sliders</li> </ul>                                       | <ul style="list-style-type: none"> <li>•Gold Creek Breaded Chicken Drumstick or Thigh w/ WG Roll</li> <li>•Beef Sticks w/ Gravy Dipping Sauce w/ WG Roll</li> </ul> | <ul style="list-style-type: none"> <li>•Asian Chicken Bowl w/ Spring Roll</li> <li>•Primo Pizza cheese** or Pepperoni</li> </ul>  |
|   | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Grilled Chicken Caesar Wrap (Ham &amp; Cheese on Gluten-Free Bread available)</li> </ul> | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Buffalo Chicken Wrap (Turkey &amp; Cheese on GF bun available )</li> </ul>                     | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Ham &amp; Cheese Sub (Gluten-Free Bread available)</li> </ul>                                     | <ul style="list-style-type: none"> <li>•Turkey &amp; Cheese WG Sub (on Gluten-Free Bun)</li> </ul>  |
| Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)   |  |  |   |   |
|   | •Taco Salad /•Veggie Salad   | •Chef Salad w/Ham  | •Buffalo Chicken Salad  |   |
| •Smuckers PB&J Chz stick, Cheez It** available daily  |  |  |   |   |
| MONDAY JAN. 22  | TUESDAY JAN.23   | WEDNESDAY JAN 24   | THURSDAY JAN 25   | FRIDAY JAN 26   |
| <ul style="list-style-type: none"> <li>•Spaghetti w/ Meatballs (Meatless** Sauce available)</li> <li>•Corn Dogs</li> </ul>  | <ul style="list-style-type: none"> <li>•Nachos w/ Cheese** &amp; Meat</li> <li>•Personal Pan Pizza (Cheese** or Supreme)</li> </ul>                        | <ul style="list-style-type: none"> <li>•Bosco Stuffed Breadsticks w/ Fresh-made Marinara</li> <li>•Brookwood BBQ Sandwich (Gluten-Free Bun available)</li> </ul> | <ul style="list-style-type: none"> <li>•Macaroni &amp; Cheese Bowl w/WG Roll</li> <li>•Crispy Chicken Chunks (Dill or Spicy) w/ WG Roll</li> </ul>                  | <ul style="list-style-type: none"> <li>•Hearty Homemade Chili Bowl (Served w/Fritos or Crackers)</li> <li>•Cheese Stuffed Crust Pizza (Cheese*** &amp; Pepperoni)</li> </ul>      |
| <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Turkey &amp; Ham Sub (Gluten-Free Option: Ham &amp; Cheese on GF Bun)</li> </ul>  | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Turkey &amp; Cheese Wrap (Gluten-Free Bread available)</li> </ul>                        | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Yogurt/Muffin Munchable</li> </ul>   | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Ham &amp; Cheese WG sub (Gluten-Free Bun available)</li> </ul>                                    | <b>Sandwich Entrée</b><br><ul style="list-style-type: none"> <li>•Turkey &amp; Cheese GF Bun</li> </ul>   |
| •Smuckers PB&J Chz stick, Cheez It** available daily  |  |  |   |   |
| Salad Meal w/ Crackers or Flatbread (vegetarian salad available upon request)   |  |  |   |   |
| •Southwest Chicken Salad  | •Taco Salad /•Veggie Salad   | •Chef Salad w/Ham  | •Buffalo Chicken Salad  |   |
| Vegetarian option**   | ALL Fruit and Vegetables are Gluten Free   |  |   |   |

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

This institution is an equal opportunity provider.