FORSYTH COUNTY SCHOOLS

JANUARY 2024

MIDDLE Winter Menu



For individual school's menu go to: www.mealviewer.com

recow inglidging indicate office	N-FREE option available. Speak with	ı your cafeteria manager about r	eceiving this option.	
MONDAY JAN 1	TUESDAY JAN 2	WEDNESDAY JAN 3	THURSDAY JAN 4	FRIDAY JAN 5
			Macaroni & Cheese	•Hearty Homemade Chili Bowl
			Bowl w/WG Roll	w/Toppings, Fritos, Crackers
NEW YEAR'S DAY	NO SCHOOL	NO SCHOOL	•Crispy Chicken Chunks	•Cheese or Pepperoni
NEW TEAR 3 DAT			(Dill or Spicy) w/ WG Roll	stuffed-crust Pizza**
Lunch is served daily w/a variety of fruits & vegetables & a variety of low		oles & a variety of lowfat	Sandwich Entrée	Sandwich Entrée
· ·	milk	v	•Ham & Cheese WG Sub	Turkey & Cheese WG Sub
			(Gluten-Free Bun available)	(Gluten-Free Bun available)
			Buffalo Chicken Salad	
•Smuckers PB&J Chz stick, Cheez It** available daily				
MONDAY JAN 8	TUESDAY JAN 9	WEDNESDAY JAN 10	THURSDAY JAN 11	FRIDAY JAN 12
 Gold Creek Chicken 	•Nachos	•Hot Dog on WG Bun	Bacon Cheeseburger	•Homemade Chicken
Sandwich	w/ Cheese** & Meat	THOU DOG OIL WG BUIL	or Hamburger	Noodle Soup &
(Grilled Chicken Breast Filet &		(Gluten-Free Bun available)	(Gluten-Free Bun available)	Grilled Cheese Sandwich
Gluten-Free Bun available)				(Gluten-Free bread available)
Brd Mozzarella Cheese Sticks	•Quesadilla Pizza **	•Lasagna Roll-up**	•Chicken & Waffles	Duine a D. W. L. C. C.
w/ Fresh-made Marinara**	0	w/ Garlic Breadstick	01	Primo Buffalo Chicken Pizz
Sandwich Entrée	Sandwich Entrée	Sandwich Entrée	Sandwich Entrée	
•Ham & Cheese WG Sub	•Turkey & Cheese WG Sub	Buffalo Chicken Wrap	Chicken Tender Wrap (Turkey&Cheese GF bun available)	
(Gluten-Free Bun available)	(Gluten-Free Bun available) • Flatbread (vegetarian salad avail	able	(Turkey&Cheese Gr buil available)	
•Mediterranean Salad	•Taco Salad /•Veggie Salad	Chef Salad w/Turkey	•Buffalo Chicken Salad	
Theutterranearr Satau		B&J Chz stick, Cheez It** ava		
MONDAY JAN 15	TUESDAY JAN 16	WEDNESDAY JAN 17	THURSDAY JAN 18	FRIDAY JAN 19
MONDAI VAN IV	•Nachos	WEDNESDAY VAN 17	Gold Creek Breaded	Asian Chicken Bowl
STUDENT HOLIDAY		•Garlic French Bread	Chicken Drumstick	w/ Spring Roll
	w/ Cheese** & Meat	w/ Tomato Basil Soup	or Thigh w/ WG Roll	w/ Spring hou
	•Calzone w/ cneese or		•Beet Sticks w/ Gravy	
		•Mini Chicken Sliders	1	•Primo Pizza
	pepperoni **	Dipping Sauce		
			W/WC Poll	cheese** or Pepperoni
			w/ WG Roll	cheese** or Pepperoni
	Sandwich Entrée	Sandwich Entrée		cheese** or Pepperoni
	Sandwich Entrée • Grilled Chicken Caesar Wrap	Sandwich Entrée • Buffalo Chicken Wrap	w/WG Roll Sandwich Entrée Ham & Cheese Sub	
	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread		Sandwich Entrée	
Salad Maal vv / Crackovs ov	Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available)	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available)	Sandwich Entrée •Ham & Cheese Sub	•Turkey & Cheese WG Sub
Salad Meal w/ Crackers or	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) r Flatbread (vegetarian salad avail	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request)	Sandwich Entrée • Ham & Cheese Sub (Gluten-Free Bread available)	•Turkey & Cheese WG Sub
Salad Meal w/ Crackers or	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) r Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham	Sandwich Entrée •Ham & Cheese Sub (Gluten-Free Bread available) •Buffalo Chicken Salad	•Turkey & Cheese WG Sub
	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) • Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) • Chef Salad w/Ham B&J Chz stick, Cheez It** ava	Sandwich Entrée • Ham & Cheese Sub (Gluten-Free Bread available) • Buffalo Chicken Salad ilable daily	•Turkey & Cheese WG Sub (on Gluten-Free Bun)
MONDAY JAN. 22	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) r Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24	Sandwich Entrée • Ham & Cheese Sub (Gluten-Free Bread available) • Buffalo Chicken Salad ilable daily THURSDAY JAN 25	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26
MONDAY JAN. 22 •Spaghetti w/ Meatballs	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) •Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks	Sandwich Entrée • Ham & Cheese Sub (Gluten-Free Bread available) • Buffalo Chicken Salad ilable daily THURSDAY JAN 25 • Macaroni & Cheese	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Box
MONDAY JAN. 22 •Spaghetti w/ Meatballs	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) •Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24	Sandwich Entrée • Ham & Cheese Sub (Gluten-Free Bread available) • Buffalo Chicken Salad ilable daily THURSDAY JAN 25	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26
MONDAY JAN. 22 •Spaghetti w/ Meatballs Meatless** Sauce available)	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) • Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos w/ Cheese** & Meat	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks w/ Fresh-made Marinara	Sandwich Entrée • Ham & Cheese Sub (Gluten-Free Bread available) • Buffalo Chicken Salad ilable daily THURSDAY JAN 25 • Macaroni & Cheese Bowl w/WG Roll	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Box (Served w/Fritos or Crackers)
MONDAY JAN. 22 •Spaghetti w/ Meatballs	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos w/ Cheese** & Meat •Personal Pan Pizza	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks w/ Fresh-made Marinara Brookwood BBQ Sandwich	Sandwich Entrée •Ham & Cheese Sub (Gluten-Free Bread available) •Buffalo Chicken Salad ilable daily THURSDAY JAN 25 •Macaroni & Cheese Bowl w/WG Roll •Crispy Chicken Chunks	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Box (Served w/Fritos or Crackers) •Cheese Stuffed Crust Pizza
MONDAY JAN. 22 •Spaghetti w/ Meatballs Meatless** Sauce available) •Corn Dogs	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) • Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos w/ Cheese** & Meat •Personal Pan Pizza (Cheese** or Supreme)	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks w/ Fresh-made Marinara Brookwood BBQ Sandwich (Gluten-Free Bun available)	Sandwich Entrée •Ham & Cheese Sub (Gluten-Free Bread available) •Buffalo Chicken Salad ilable daily THURSDAY JAN 25 •Macaroni & Cheese Bowl w/WG Roll •Crispy Chicken Chunks (Dill or Spicy) w/ WG Roll	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Bov (Served w/Fritos or Crackers) •Cheese Stuffed Crust Pizza (Cheese*** & Pepperoni)
MONDAY JAN. 22 •Spaghetti w/ Meatballs Meatless** Sauce available) •Corn Dogs Sandwich Entrée	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) • Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos w/ Cheese** & Meat •Personal Pan Pizza (Cheese** or Supreme) Sandwich Entrée	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks w/ Fresh-made Marinara Brookwood BBQ Sandwich (Gluten-Free Bun available) Sandwich Entrée	Sandwich Entrée •Ham & Cheese Sub (Gluten-Free Bread available) •Buffalo Chicken Salad ilable daily THURSDAY JAN 25 •Macaroni & Cheese Bowl w/WG Roll •Crispy Chicken Chunks (Dill or Spicy) w/ WG Roll Sandwich Entrée	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Box (Served w/Fritos or Crackers) •Cheese Stuffed Crust Pizza (Cheese*** & Pepperoni) Sandwich Entrée
MONDAY JAN. 22 • Spaghetti w/ Meatballs Meatless** Sauce available) • Corn Dogs Sandwich Entrée • Turkey & Ham Sub	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) •Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos w/ Cheese** & Meat •Personal Pan Pizza (Cheese** or Supreme) Sandwich Entrée •Turkey & Cheese Wrap	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks w/ Fresh-made Marinara Brookwood BBQ Sandwich (Gluten-Free Bun available)	Sandwich Entrée •Ham & Cheese Sub (Gluten-Free Bread available) •Buffalo Chicken Salad ilable daily THURSDAY JAN 25 •Macaroni & Cheese Bowl w/WG Roll •Crispy Chicken Chunks (Dill or Spicy) w/ WG Roll Sandwich Entrée	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Box (Served w/Fritos or Crackers) •Cheese Stuffed Crust Pizza (Cheese*** & Pepperoni)
MONDAY JAN. 22 • Spaghetti w/ Meatballs Meatless** Sauce available) • Corn Dogs Sandwich Entrée • Turkey & Ham Sub	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) •Tlatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos w/ Cheese** & Meat •Personal Pan Pizza (Cheese** or Supreme) Sandwich Entrée •Turkey & Cheese Wrap (Gluten-Free Bread available)	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks w/ Fresh-made Marinara Brookwood BBQ Sandwich (Gluten-Free Bun available) Sandwich Entrée Yogurt/Muffin Munchable	Sandwich Entrée •Ham & Cheese Sub (Gluten-Free Bread available) •Buffalo Chicken Salad ilable daily THURSDAY JAN 25 •Macaroni & Cheese Bowl w/WG Roll •Crispy Chicken Chunks (Dill or Spicy) w/ WG Roll Sandwich Entrée •Ham & Cheese WG sub (Gluten-Free Bun available)	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Box (Served w/Fritos or Crackers) •Cheese Stuffed Crust Pizza (Cheese*** & Pepperoni) Sandwich Entrée
MONDAY JAN. 22 • Spaghetti w/ Meatballs Meatless** Sauce available) • Corn Dogs Sandwich Entrée • Turkey & Ham Sub (Gluten-Free Option: Ham & Cheese	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) •Tlatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos w/ Cheese** & Meat •Personal Pan Pizza (Cheese** or Supreme) Sandwich Entrée •Turkey & Cheese Wrap (Gluten-Free Bread available)	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks w/ Fresh-made Marinara Brookwood BBQ Sandwich (Gluten-Free Bun available) Sandwich Entrée	Sandwich Entrée •Ham & Cheese Sub (Gluten-Free Bread available) •Buffalo Chicken Salad ilable daily THURSDAY JAN 25 •Macaroni & Cheese Bowl w/WG Roll •Crispy Chicken Chunks (Dill or Spicy) w/ WG Roll Sandwich Entrée •Ham & Cheese WG sub (Gluten-Free Bun available)	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Box (Served w/Fritos or Crackers) •Cheese Stuffed Crust Pizza (Cheese*** & Pepperoni) Sandwich Entrée
MONDAY JAN. 22 • Spaghetti w/ Meatballs Meatless** Sauce available) • Corn Dogs Sandwich Entrée • Turkey & Ham Sub (Gluten-Free Option: Ham & Cheese on GE Run)	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) •Tlatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos w/ Cheese** & Meat •Personal Pan Pizza (Cheese** or Supreme) Sandwich Entrée •Turkey & Cheese Wrap (Gluten-Free Bread available)	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available 1) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks w/ Fresh-made Marinara Brookwood BBQ Sandwich (Gluten-Free Bun available) Sandwich Entrée Yogurt/Muffin Munchable B&J Chz stick, Cheez It** ava	Sandwich Entrée •Ham & Cheese Sub (Gluten-Free Bread available) •Buffalo Chicken Salad ilable daily THURSDAY JAN 25 •Macaroni & Cheese Bowl w/WG Roll •Crispy Chicken Chunks (Dill or Spicy) w/ WG Roll Sandwich Entrée •Ham & Cheese WG sub (Gluten-Free Bun available)	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Box (Served w/Fritos or Crackers) •Cheese Stuffed Crust Pizza (Cheese*** & Pepperoni) Sandwich Entrée
MONDAY JAN. 22 • Spaghetti w/ Meatballs Meatless** Sauce available) • Corn Dogs Sandwich Entrée • Turkey & Ham Sub (Gluten-Free Option: Ham & Cheese on GE Bun)	•Grilled Chicken Caesar Wrap (Ham & Cheese on Gluten-Free Bread available) • Flatbread (vegetarian salad avail •Taco Salad /•Veggie Salad •Smuckers P TUESDAY JAN.23 •Nachos w/ Cheese** & Meat •Personal Pan Pizza (Cheese** or Supreme) Sandwich Entrée •Turkey & Cheese Wrap (Gluten-Free Bread available) •Smuckers P	Buffalo Chicken Wrap (Turkey & Cheese on GF bun available 1) able upon request) Chef Salad w/Ham B&J Chz stick, Cheez It** ava WEDNESDAY JAN 24 Bosco Stuffed Breadsticks w/ Fresh-made Marinara Brookwood BBQ Sandwich (Gluten-Free Bun available) Sandwich Entrée Yogurt/Muffin Munchable B&J Chz stick, Cheez It** ava	Sandwich Entrée •Ham & Cheese Sub (Gluten-Free Bread available) •Buffalo Chicken Salad ilable daily THURSDAY JAN 25 •Macaroni & Cheese Bowl w/WG Roll •Crispy Chicken Chunks (Dill or Spicy) w/ WG Roll Sandwich Entrée •Ham & Cheese WG sub (Gluten-Free Bun available)	•Turkey & Cheese WG Sub (on Gluten-Free Bun) FRIDAY JAN 26 •Hearty Homemade Chili Bov (Served w/Fritos or Crackers) •Cheese Stuffed Crust Pizza (Cheese*** & Pepperoni) Sandwich Entrée

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

This institution is an equal opportunity provider.