

**FORSYTH COUNTY SCHOOLS**

**Food & Nutrition Services**

Elementary Recommended Menu

for specific school menu go to: [www.mealviewer.com](http://www.mealviewer.com)

Elementary

**WEEK 1 SPRING 2021-2022**

To be served: March 21-25, April 18-22, May 9-13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ Breakfast choices</b> Chicken Mini Croissant Yoplait Yogurt cup w/ Muffin Tops  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG Mini Pancakes <b>OR</b> WG Mini Waffles  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fresh-baked WG Cinn Roll  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant WG Honey Bun  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice
<b>Hot Entrée</b> Breaded Mozzarella Sticks w/ Fresh-made Marinara  Vegetarian entree offered daily - check school for choices  <b>Sandwich Entrée</b> Smuckers PB&J *** Ham & Cheese WG Sub <b>OR</b> Rollup <b>Salad Meal w/ Crackers (vegetarian salad available upon request)</b> Veggie Salad w cheese	<i>"Taco Tuesday"</i> Tacos w/Meat &Cheese  Smuckers PB&J ***  Taco Salad	Chicken Bites ( <i>Plain OR Spicy</i> ) w/ WG Mini Roll <b>OR</b> Popcorn Chickrn w/ WG Mini Roll  Smuckers PB&J *** Yogurt/Muffin Munchable***  Buffalo Chicken Salad	All-American Cheeseburger  Smuckers PB&J *** Turkey & Cheese WG Sub <b>OR</b> Rollup	WG Stuffed Crust Pizza *** (cheese OR T.pepperoni** choice) <b>OR</b> Max Pizza Cheese Stuffed Breadstick  Smuckers PB&J ***
<b>WITH CHOICE OF 3</b> Tossed Green Salad Crispy Celery Sticks Mixed Fruit Banana  4 oz 100% juice*  <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Seasoned Black Beans Shredded Lettuce/Diced Tomatoes Frozen Fruit Cups Juicy Orange Smiles  4 oz 100% juice*  <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Broccoli w/Cheese Sauce Mini Carrots Sticks Flavored Applesauce cup Seasonal Fresh Fruit  4 oz 100% juice*  <b>AND</b> Low fat Milk Choice	<b>WITH CHOICE OF 3</b> Sesaoned Sweet Potato Fries Veggie Dippers Sweet Apple Wedges Seasonal Fresh Fruit  4 oz 100% juice*  <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 4</b> Fresh Spring Salad Corn Seasonal Fresh Fruit Sliced Sweet Pears Frozen Fruit RIP Pouch 4 oz 100% juice*  <b>AND</b> Lowfat Milk Choice

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

\*only 1 fruit juice carton per meal

This institution is an equal opportunity provider.

\*\*turkey/chicken

Dark Green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are Whole grain-rich

\*\*\*vegetarian option



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**WEEK: 2 SPRING 2021-2022**

To be served: March 7-11, March 28-April 1, April 25-29, May 16-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ Breakfast choices</b> Chicken Mini Croissant Yoplait Yogurt cup w/ Muffin Tops  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG Mini Pancakes <b>OR</b> WG Mini Waffles  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fresh-baked WG Cinn Roll  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant WG Honey Bun  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice
Tyson Popcorn Chicken w/ Mini Roll  <b>Vegetarian option***</b> Vegetarian entree offered daily - check school for choices  <b>Sandwich Entrée</b> Smuckers PBJ ** Turkey & Cheese WG Sub <b>OR</b> Rollup <b>Salad Meal w/ Crackers (vegetarian salad available upon request)</b> Chef Salad	Spaghetti w/Meatsauce  <b>OR</b> Cheese Stuffed Bosco Sticks*** w/ Fresh-made Marinara  Smuckers PBJ ** Buffalo Chicken Wrap  California Salad w/Chicken	Nachos w/ Cheese*** & Meat  Smuckers PBJ **  Taco Salad	Hot Dog  Smuckers PBJ ** Yogurt/Muffin Munchable***	WG Wedge Pizza *** (cheese OR T.pepperoni**)
<b>WITH CHOICE OF 3</b> Mashed Potatoes Seasoned Green Beans Seasonal Fresh Fruit Pineapple Tidbits  4 oz 100% juice*  <b>AND</b> Lowfat Milk Choice	Caesar Salad Mini Carrots in a bag Sliced Peaches Banana  4 oz 100% juice*  <b>AND</b> Lowfat Milk Choice	Golden Corn Seasoned Pintos Sweet Sliced Peaches Seasonal Fresh Fruit  4 oz 100% juice*  <b>AND</b> Low fat Milk Choice	Crispy Tator Tots Cowboy Ranch Beans Frozen Fruit Cups Seasonal Fresh Fruit  4 oz 100% juice*  <b>AND</b> Lowfat Milk Choice	Tossed Green Salad Shoestring Sweet Potatoes Fries Flavored Applesauce cup Seasonal Fresh Fruit  4 oz 100% juice*  <b>AND</b> Lowfat Milk Choice

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Legume vegetable serving

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**WEEK 3 SPRING 2021-2022**

To be served: March 14-18 , April 11-15, May 2-6, May 23-26

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ Breakfast choices</b> Chicken Mini Croissant Yoplait Yogurt cup w/ Muffin Tops  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG Mini Pancakes <b>OR</b> WG Mini Waffles  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit Fresh-baked WG Cinn Roll  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Croissant WG Honey Bun  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice
<b>Hot Entrée</b> Chicken Tender Plain OR Tyson Buffalo Chicken Tender w/ WG Mini Roll ( Plain or Spicy)  <b>Vegetarian option***</b> Vegetarian entree offered daily - check school for choices  <b>Sandwich Entrée</b> Smuckers PB&J *** Ham & Cheese WG Sub <b>OR</b> Rollup <b>Salad Meal w/ Crackers (vegetarian salad available upon request)</b> Chef Salad	WG Corndog** Large or Minis           Smuckers PB&J *** Buffalo Chicken Wrap	Nachos w/ Cheese*** & Meat           Smuckers PB&J ***	WG Cheesy Bread*** w/ Fresh-made Marinara           Smuckers PB&J *** Chicken Tender Wrap	Tyson All-White Meat Chicken Sandwich on WG Bun Plain OR Spicy           Smuckers PB&J ***
<b>WITH CHOICE OF 3</b> Mashed Potatoes Steamed Broccoli Cunchy Celery Logs Flavored Applesauce cup  4 oz 100% juice* <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Potato Wedges/Crinkle Cut Cool Cucumber Slices Sliced Peaches Sweet Seasonal Fruit  4 oz 100% juice* <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Golden Corn Seasoned Black Beans Froz Diced Fruit cup Sweet Seasonal Fruit  4 oz 100% juice* <b>AND</b> Low fat Milk Choice	<b>WITH CHOICE OF 3</b> Tossed Green Salad Crunchy Baby Carrot Mandarin Oranges Sweet Seasonal Fruit  4 oz 100% juice* <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Oven Baked Sweet Potato Fries Leaf Lettuce and Slice Tomato Frozen Fruit Juice Sour Cherry Rasp Sliced Pears  4 oz 100% juice* <b>AND</b> Lowfat Milk Choice

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Legume vegetable serving

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