

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

**High School
Weekly Breakfast menu**

for specific school menu go to: www.mealviewer.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A+ Breakfast choices:</p> <p>Chicken Filet Biscuit OR Fluffy Scrambled Eggs/Cheese Biscuit</p> <p>WG Honey Bun</p> <p>2 Bowls WG Cereal</p> <p>WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice</p>	<p>Chicken Filet Croissant WG</p> <p>Yoplait Yogurt w/ Muffin Tops</p> <p>2 Bowls WG Cereal</p> <p>WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice</p>	<p>Chicken Filet Biscuit OR T .Sausage Biscuit</p> <p>Mini Pancakes WG OR Mini Waffles WG</p> <p>2 Bowls WG Cereal</p> <p>WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice</p>	<p>Chicken Filet Croissant WG</p> <p>Yoplait Yogurt w/ Muffin Tops</p> <p>2 Bowls WG Cereal</p> <p>WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice</p>	<p>Chicken Filet Biscuit French Toast Sticks WG OR</p> <p>Fresh-baked WG Cinn Roll</p> <p>2 Bowls WG Cereal</p> <p>WITH 2 fruit servings 100% Fruit Juice* 1/2 cup serving Fruit AND Lowfat Milk Choice</p>

This institution is an equal opportunity provider.

*only 1 fruit juice per meal

**turkey

Note: Availability of food and special school activities may require changes in menus on very short notice.

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

High School Recommended Menu

WEEK 1 SPRING 2021-2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Pizza Stuffed Breadsticks w/ Homemade Marinara Popcorn Chicken w/ Mini WG Roll Sub/Wraps Entrees Turkey OR Ham & Cheese WG Sub/Wrap Smuckers PB&J***WG	<i>Taco Tuesday</i> Corn Dog WG OR Hot Dog WG Buffalo Chicken Wrap Smuckers PB&J***WG	Fresh Baked Rising Cheese Pizza Cheese , Pepperoni and Specialty Pizza Popcorn Chicken w/ Mini WG Roll SW Turkey Wrap Smuckers PB&J***WG	Fresh Bake 4 Meat Primo Pizza WG Asian Chicken Nuggets w/ WG Breadstick Chicken Tender Wrap Smuckers PB&J***WG	Chicken Pesto Alfredo OR Quesadilla Cheese Pizza WG Chicken Filet Sandwich WG (Reg or Spicy) Smuckers PB&J***WG
Salad Meal entree w/ WG or Non WG crackers options (veggie salad** may be requested)				
Chef Salad	Veggie Salad w/ Cheese Taco Salad	California Salad	Buffalo Chicken Salad	
Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options				
WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4
Tossed Garden Salad	Shredded Lettuce and Diced Tomato	Kale & Craisin Salad	Shoestring Sweet Potatoes	Crispy Crinkle Fries
Mashed Potatoes	Seasoned Black Beans	Baby Carrots	Steamed Broccoli	Tossed Garden Salad
Apple Slices	Corn	Sliced Pears	Flavored Applesauce cup	Sweet Frozen Fruit Cups
Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit
4 oz 100% juice*	4 oz 100% juice*		4 oz 100% juice*	4 oz 100% juice*
WITH Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice
Note: Availability of food and special school activities may require changes in menus on very short notice.				
This institution is an equal opportunity provider.				
Dark green vegetable serving	Red/Orange vegetable serving	Legume vegetable serving	Grains are WG=Whole grain rich	
Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options				

*only 1 fruit juice carton per meal
 **turkey
 ***Vegetarian option

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

High School Recommended Menu

WEEK: 2 SPRING 2021-2022

for specific school menu go to: www.mealviewer.com

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti w/ Meatsauce	Nachos w/ Cheese*** & Meat	Fresh Bake 4 meat Primo Pizza WG	Popcorn Chicken w/ Mini WG Roll	Fresh Baked Rising Crust Pizza WG Cheese, Pepperoni and Specialty Pizza
Popcorn Chicken w/ Mini WG Roll	Chicken Chunks (Reg or Spicy) w/ WG Roll	Chicken & Waffles	French Bread Pizza*** WG w/ Warm Dipping sauce	Cheeseburger WG BBQ Pork Sandwich
Sub/Wraps Entrees Turkey Or Ham & Cheese WG Sub/Wrap Smuckers PB&J***	Veggie Wrap Smuckers PB&J*** WG	SW Turkey Wrap Smuckers PB&J***WG	Rotisserie Chicken Wrap Smuckers PB&J***WG	Smuckers PB&J***WG
Salad Meal entree w/ WG or Non WG crackers options (veggie salad** may be requested)				
Chef Salad	Chicken Tender Salad Taco Salad	Veggie Salad w/ egg or cheese	Buffalo Chicken Salad	
Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options				
WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4
Caesar Salad	Golden Corn	Seasoned Potato Wedges	Shoestring Sweet Potatoes	Crispy Crinkle Fries
Green Beans	Pintos w/cheese	Spinach Salad w/Strawberries	Sonoma Blend Vegetables	Baked Beans
Sliced Peaches	Tossed Garden Salad	Frozen Fruit Sour Cherry Rasp. Cup	Flavored Applesauce cup	Leaf Lettuce & Tomato
Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Sliced Pears	Fresh Seasonal Fruit
		Fresh Fruit	Fresh Seasonal Fruit	
4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*
WITH Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

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**turkey

Dark green vegetable serving Red/Orange vegetable serving Legume vegetable serving Grains are WG=Whole grain rich

***Vegetarian option

Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

High School Recommended Menu

WEEK 3 SPRING 2021-2022

for specific school menu go to: www.mealviewer.com

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brd Mozzarella Sticks*** WG w/ Warm Dipping sauce OR Bosco Cheese Stuffed Breadsticks Popcorn Chicken w/ Mini WG Roll Sub/Wraps Entrees Turkey OR Ham & Cheese WG Sub/Wrap Smuckers PB&J***WG	Chicken Filet Sandwich WG Reg. or Spicy Nachos w/ Cheese*** & Meat Buffalo Chicken Wrap Smuckers PB&J*** WG	Fresh Bake 4 Meat Primo Pizza WG OR Margherita Flatbread Popcorn Chicken w/ Mini WG Roll SW Turkey Wrap Smuckers PB&J*** WG	General Tso or Orange Chicken w/Rice and Spring Roll Cheeseburger Chicken Caesar Wrap Smuckers PB&J*** WG	French Bread Pizza*** WG w/ Warm Dipping sauce Seafood Basket OR Crispy Fish Sandwich Smuckers PB&J***WG
Salad Meal entree w/ WG or Non WG crackers options (veggie salad** may be requested)				
Cobb Salad	Taco Salad	Chef Salad	Buffalo Chicken Salad	
Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options				
WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4	WITH CHOICE OF 4
Tossed Garden Salad	Seasoned Potato Wedges	Seasoned Green Beans	Shoestring Swt Potatoes	Tator Tots
Potato Augratin	Golden Corn	Caesar Salad	Asian Vegetables	Creamy Cole Slaw
Mandarin Oranges	Seasoned Black Beans	Baby Carrots	Leaf Lettuce & tomato	Diced Peach cup
Fresh Seasonal Fruit	Sliced Pears	Flavored Applesauce cup	Fresh Seasonal Fruit	Fresh Seasonal Fruit
	Fresh Seasonal Fruit	Fresh Seasonal Fruit		
4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*
WITH Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

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*only 1 fruit juice carton per meal

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**turkey

Dark green vegetable serving Red/Orange vegetable serving Legume vegetable serving Grains are WG=Whole grain rich

***Vegetarian option

Vegetarian Choice*** Offered as requested & when another vegetarian entrée is not available - check school for options