

Middle

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

WEEK 1 SPRING 2021-2022

Recommended Middle School Menu

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ BREAKFAST choices</b> Chicken Filet Biscuit <b>OR</b> Fluffy Scrambled Eggs/Cheese Biscuit WG Honey Bun  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>Filet</b> Croissant WG <b>OR</b>  Yoplait Yogurt w/ Muffin Tops  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>Filet</b> Biscuit Mini WG Pancakes <b>OR</b> Mini WG Waffles  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>filet</b> Mini Croissant Fresh-baked WG Cinn Roll  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>Filet</b> Biscuit French Toast Sticks WG  2 Bowls WG Cereal w/ juice, fruit & Milk Choice
<b>Hot Entrees</b> Popcorn Chicken w/ Mini WG Roll  <b>Vegetarian option**</b> Vegetarian entrées offered daily - check school for choices	<b>Taco Tuesday</b> Meat choice: Chicken or Beef, Chz	Cheese Stuffed WG Pizza (Cheese** or T Pepperoni***)	Spaghetti w/Meatsauce <b>OR</b> Corn Dog WG ( Mini Or Regular )	Chicken Tenders (Plain or Spicy) w/ Mini WG Roll
<b>WG Sandwich Entrée</b> Smuckers PBJ WG ** Ham & Cheese WG Sub <b>OR</b> Wrap	Smuckers PBJ WG ** Buffalo Chicken Wrap	Smuckers PBJ WG ** Southwest Turkey Wrap	Smuckers PBJ WG ** Veggie Wrap	Smuckers PBJ WG **
<b>Salad Meal entree w/ WG or Non WG crackers options (veggie salad** may be requested)</b>				
Cobb Salad	Taco Salad	Veggie Salad w cheese**	Chicken Tender Salad	
<b>WITH CHOICE OF 3</b> Seasoned Green Beans Mashed Potatoes Flavored Applesauce Cup Banana  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Seasoned Black Beans Shredded Lettuce & Diced Tomatoes Slice Peaches Sweet Seasonal Fresh Fruit  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Corn Fresh Garden Salad Slice Pears Sweet Seasonal Fresh Fruit  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Fresh Tossed Salad Veggie Dippers Apple in Wedges Sweet Seasonal Fresh Fruit  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Seasoned Sweet Potato Fries Steamed Broccoli Froz Fruit Cup or Sweet Seasonal Fresh Fruit  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice

This is an equal opportunity provider.

Note: Availability of foods, early release days, and special school activities may require changes in menus on a very short notice.

\*only 1 fruit juice per meal

\*\*vegetarian option

\*\*\*turkey/chicken

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG = Whole grain rich



**Middle**

**FORSYTH COUNTY SCHOOLS Food & Nutrition Services**

**WEEK: 2 SPRING 2021-2022**

Recommended Middle School Menu

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

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 Filet Biscuit <b>OR</b> Fluffy Scrambled Eggs/Cheese Biscuit WG Honey Bun  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>Filet</b> Croissant WG  Yoplait Yogurt w/ Muffin Tops  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>Filet</b> Biscuit Mini WG Pancakes <b>OR</b> Mini WG Waffles  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>filet</b> Mini Croissant Fresh-baked WG Cinn Roll  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>Filet</b> Biscuit French Toast Sticks WG  2 Bowls WG Cereal w/ juice, fruit & Milk Choice
French Bread Pizza*** WG w/ Warm Dipping sauce  <b>Vegetarian option**</b> Vegetarian entrées offered daily - check school for choices  <b>WG Sandwich Entrée</b> Smuckers PBJ WG ** Turkey & Cheese WG Sub <b>OR</b> Wrap	Chicken Filet Sandwich on WG Bun (Plain or Spicy)  Smuckers PBJ WG ** Buffalo Chicken Wrap	Brd Mozzarella Sticks*** WG w/ Warm Dipping sauce <b>OR</b> Bosco Cheese Stuffed Breadsticks w/ Warm Dipping sauce  Smuckers PBJ WG ** Southwest Turkey Wrap	Nachos Meat choice: Chicken or Beef, Chz  Smuckers PBJ WG ** Chicken Tender Wrap	Chicken Chunks (Plain OR Spicy) w/WG Roll <b>OR</b> Asian Chicken Nuggets w/ WG Breadstick  Smuckers PBJ WG **
<b>Salad Meal entree w/ WG or Non WG crackers options (veggie salad** may be requested)</b>				
California Salad	Chef Salad	Buffalo Chicken Salad	Taco Salad	
<b>WITH CHOICE OF 3</b>	<b>WITH CHOICE OF 3</b>	<b>WITH CHOICE OF 3</b>	<b>WITH CHOICE OF 3</b>	<b>WITH CHOICE OF 3</b>
Caesar Salad	Oven baked Crinkle Fries	Fresh Garden Salad	Golden Corn	Steamed Broccoli Florets w/Cheese Sauce
Crispy Celery Sticks	Leaf Lettuce w/Slice Tomato	Shoestring Sweet Potatoes	Seasoned Pintos Beans	Stick & Stones ( Carrots/Tomatoes)
Banana	Pineapple Tiblets	Flavored Applesauce cup	Slice Peaches	Sliced Pears
Fresh Seasonal Fruit	Fresh Seasonal Fruit	Mandarin Oranges	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*
<b>AND w/ all meals</b>	<b>AND w/ all meals</b>	<b>AND w/ all meals</b>	<b>AND w/ all meals</b>	<b>AND w/ all meals</b>
Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

This is an equal opportunity provider.

\*only 1 fruit juice per meal

**Note: Availability of foods, early release days, and special school activities may require changes in menus on a very short notice.**

\*\*vegetarian option

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG = Whole grain rich

\*\*\*turkey/chicken

**Middle**

**FORSYTH COUNTY SCHOOLS Food & Nutrition Services**

**WEEK 3 SPRING 2021-2022**

Recommended Middle School Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ BREAKFAST choices</b> Chicken Filet Biscuit <b>OR</b> Fluffy Scrambled Eggs/Cheese Biscuit WG Honey Bun  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>Filet</b> Croissant WG  Yoplait Yogurt w/ Muffin Tops  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>Filet</b> Biscuit Mini WG Pancakes <b>OR</b> Mini WG Waffles  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>filet</b> Mini Croissant Fresh-baked WG Cinn Roll  2 Bowls WG Cereal w/ juice, fruit & Milk Choice	Chicken <b>Filet</b> Biscuit French Toast Sticks WG  2 Bowls WG Cereal w/ juice, fruit & Milk Choice
<b>Hot Entrees</b> Cheese Pizza Stuffed Breadsticks w/ Warm Dipping sauce <b>OR</b> Popcorn Chicken w/ Mini WG Roll	Cheeseburger  BBQ Sandwich on WG Bun	Hot Dog on WG Bun	Nachos Meat choice: Chicken or Beef, Chz	Primo Pizza WG Pepperoni or Cheese
<b>Vegetarian option**</b> Vegetarian entrées offered daily - check school for choices				
<b>WG Sandwich Entrée</b> Smuckers PBJ WG ** Ham & Cheese WG Sub <b>OR</b> Wrap	Smuckers PBJ WG ** Buffalo Chicken Wrap	Smuckers PBJ WG ** Southwest Turkey Wrap	Smuckers PBJ WG ** Chicken Tender Wrap	Smuckers PBJ WG **
<b>Salad Meal entree w/ WG or Non WG crackers options (veggie salad** may be requested)</b>				
Chef Salad	Buffalo Chicken Salad	Veggie Salad w/cheese**	Taco Salad	
<b>WITH CHOICE OF 3</b> Shoestring Sweet Potatoes Seasoned Green Beans Frozen Fruit cup Seasonal Fresh Fruit  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Tator Tots Leaf Lettuce and Slice Tomato Sliced Peaches Juicy Orange wedges  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Crispy Seasoned Potato Wedges Cowboy Ranch Beans Frozen Fruit Sour Cherry Cup Seasonal Fresh Fruit  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Golden Corn Seasoned Black Beans Flavored Applesauce Cup Seasonal Fresh Fruit  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Mini Carrots in a bag Fresh Spinach Salad /Strawberry Slice Pear Cups Seasonal Fresh Fruit  4 oz 100% juice*  AND w/ all meals Lowfat Milk Choice

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