

**Elementary**

**Food & Nutrition Services**

**WEEK 1 SPRING 2020-2021**

Elementary Recommended Lunch Menu

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

To be served: April 12-16, April 26-30, May 10-14, May 24-27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ Breakfast choices</b> Honey Bun Chicken Croissant WG	WG Mini Pancakes Chicken Biscuit	Chicken Croissant WG Cinnamon Roll	Yoplait Yogurt cup w/GF Cereal Chicken Biscuit	WG French Toast Sticks Chicken Croissant WG
Non-Wheat/corn based cereal choice				
#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice	#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice	#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice	#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice	#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice
<b>Hot Meal</b> Popcorn Chicken w/ -WG Rice Salisbury Steak & Gravy w/WG Rice	<b>"NEW ITEM"</b> Cheese Stuffed Pizza Breadsticks w/ School -made Marinara sauce		Cheesy Garlic Pull Apart Breadsticks w/ School -made Marinara sauce	All Beef Hot Dog on GF Bun <b>OR</b> Corn Dog Mini or Regular
<b>Vegetarian option****</b> Vegetarian entree offered daily - check school for choices				
<b>Sandwich Meal</b> Smuckers PB&J OR Turkey on GF BUN	Smuckers PB&J OR Pizza Munchable w/GF Bread	Smuckers PB&J	Smuckers PB&J OR Buffalo Chicken Wrap	Smuckers PB&J OR Yogurt & Muffin Munchable w/Cheerio
<b>Salad Meal w/Tortilla Chips</b> (vegetarian salad available upon request) Chef Salad	Veggie Salad w/cheese	Taco Salad	Buffalo Chicken Salad Veggie Salad w/cheese	
<b>WITH CHOICE OF 3</b> Seasoned Green Beans Mashed Potatoes ZeeZee's Applesauce cup Bananas 4 oz 100% juice*	<b>WITH CHOICE OF 3</b> Tossed Garden Salad Baby X-ray Vision Carrots Mixed Vegetables Frozen Peach/Mixed Fruit Cup 4 oz 100% juice*	<b>WITH CHOICE OF 3</b> Seasoned Black Beans Corn Shredded Lettuce w/Diced Tomatoes Fresh Seasonal Fruit 4 oz 100% juice*	<b>WITH CHOICE OF 3</b> Crispy Crinkle Fries Broccoli Florets Tossed Garden Salad with Tomato Juicy Orange Smiles 4 oz 100% juice*	<b>WITH CHOICE OF 4</b> Seasoned Ranch Beans Shoestring Sweet Potato Fries Crunchy Celery Logs Sliced Peaches RIPS : Frozen Juice Pouch 4 oz 100% juice*
<b>AND w/ all meals</b> Lowfat Milk Choice	<b>AND w/ all meals</b> Lowfat Milk Choice	<b>AND w/ all meals</b> Lowfat Milk Choice	<b>AND w/ all meals</b> Lowfat Milk Choice	<b>AND w/ all meals</b> Lowfat Milk Choice

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

"This institution is an equal opportunity provider."

Dark Green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are Whole grain-rich

\*\*turkey  
\*\*\*vegetarian option

\*only 1 fruit juice carton per meal

**GLUTEN-FREE Options**

Elementary

**WEEK 2 Spring SY 2020-2021**

To be served: March 29-April 2, April 19-23, May 3-7, May 17-21

**FORSYTH COUNTY SCHOOLS**

**Food & Nutrition Services**

Elementary Recommended Menu

Revised Feb 2021

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ Breakfast choices</b>	Honey Bun Chicken Croissant WG	WG Mini Pancakes Chicken Biscuit	Chicken Croissant WG Cinnamon Roll	Yoplait Yogurt cup w/GF Cereal Muffin Tops Chicken Biscuit	WG French Toast Sticks Chicken Croissant WG
	Non-Wheat/corn based cereal choice				
#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice	#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice	#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice	#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice	#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice	#Apple Cinn Cheerios (2) 100% Juice and fruit srv Lowfat Milk Choice
Brd Mozzerella Cheese Sticks w/ School-made Marinara sauce	All-American Cheeseburger on GF Bun	Nachos w/ Cheese & Meat	Tyson Chicken Filet Sandwich on GF Bun	Wedge Pizza Pepperoni or Cheese Choice	
<b>Vegetarian option***</b> Vegetarian entree offered daily - check school for choices					
<b>Sandwich Meal</b> Smuckers PB&J OR Turkey on GF Bun	Smuckers PB&J OR Buffalo Chicken Wrap	Smuckers PB&J	Smuckers PB&J OR Pizza Munchable w/GF Bread	Smuckers PB&J OR Yogurt Munchable w/Cheerio	Smuckers PB&J OR
<b>Salad Meal w/Tortilla Chips</b> (vegetarian salad available upon request)	Buffalo Chicken Salad Veggie Salad w/cheese	Taco Salad	Veggie Salad w/cheese		
<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>	<b>WITH CHOICE OF 3</b>
Broccoli Sonama Vegetables Frozen Fruit Cups Banana Veggie Juice Org Medley 4 oz 100% juice*	Crispy Crinkle Fries Homestyle Baked Beans Leaf Lettuce w/Tomato Slice ZeeZee's Applesauce cup 4 oz 100% juice*	Seasoned Black Beans Shredded Lettuce / Tomatoes Corn Seasonal Melons 4 oz 100% juice*	Seasoned Potato Wedges Baby X-ray Vision Carrots Sliced/Diced Pears Fresh Seasonal Fruit 4 oz 100% juice*	Shoestring Sweet Potatoes Tossed Garden Salad with Tomato Frozen Sour Cherry 100% Juice Cup Slice Peaches 4 oz 100% juice*	
<b>AND w/ all meals</b> Lowfat Milk Choice	<b>AND w/ all meals</b> Lowfat Milk Choice	<b>AND w/ all meals</b> Lowfat Milk Choice	<b>AND w/ all meals</b> Lowfat Milk Choice	<b>AND w/ all meals</b> Lowfat Milk Choice	<b>AND w/ all meals</b> Lowfat Milk Choice

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

This institution is an equal opportunity provider.

Dark Green vegetable serving Red/Orange vegetable serving Legume vegetable serving

**Grains are Whole grain-rich**

\*only 1 fruit juice carton per meal  
\*\*turkey  
\*\*\*vegetarian option