

FORSYTH COUNTY SCHOOLS

Revised DEC. 2020

Gluten-Free Options

Food & Nutrition Services

Elementary
WEEK 1 Winter

Elementary Recommended Lunch Menu

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

To be served: Jan 11-15, Jan 25-29, Feb 8-12, Feb 22-26, March 8-12, March 22-26

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices	Honey Bun Chicken Croissant WG	Chicken Biscuit WG Mini Pancakes	Chicken Mini Croissant WG WG Cinnamon Roll	Yoplait Yogurt cup w/GF cereal Muffin-Tops Chicken Biscuit	Chicken Mini Croissant WG WG French Toast Sticks
	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
Hot Meal	Popcorn Chicken w/ WG Rice	Spaghetti w/ WG Cheesy Bread***	Nachos	Chicken Sandwich Grilled Chicken on GF Bun	Corn Dogs Mini or Large All Beef Hot Dog on GF Bun
Vegetarian option***					
Vegetarian entree offered daily - check school for choices					
Sandwich Meal	OR Smuckers PB&J OR Turkey GF BUN	OR Smuckers PB&J OR Pizza Munchable	OR Smuckers PB&J Buffalo Chicken Wrap	OR Smuckers PB&J OR Yogurt & Muffin Munchable w/Cheerios	OR Smuckers PB&J OR _____
Salad Meal w/ Tortilla Chips (vegetarian salad available upon request)	Chef Salad	Veggie Salad	Taco Salad		
	WITH CHOICE OF 3				
	Broccoli Crunch Celery Pineapple Tidbits Bananas 4 oz 100% juice*	Tossed Garden Salad Baby X-ray Vision Carrots Seasoned Green Beans Frozen Fruit Cup 4 oz 100% juice*	Seasoned Black Beans Corn Shredded Lettuce w/Diced Tomatoes ZeeZee's Applesauce cup 4 oz 100% juice*	Seasoned Potato Wedges Grape Tomatoes Tossed Salad Pear Slices 4 oz 100% juice* AND Fresh Baked Cookie	Seasoned Ranch Beans Sweet Potatoe Fries Sliced Peaches Fresh Seasonal Fruit 4 oz 100% juice*
	AND				
Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	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

Elementary

GLUTEN-FREE Options

FORSYTH COUNTY SCHOOLS

Food & Nutrition Services

Revised Dec. 2020

WEEK 2 Winter

Elementary Recommended Menu

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

To be served: Jan 4-8, Jan 19-21, Feb 1-5, Feb 15-19, March 1-5, March 15-19

ORDER/NOTIFY Mgr by 9 am for desired Entrée to be available

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices	Chicken Croissant WG Honey Bun	Chicken Biscuit WG Mini Pancakes	Chicken Mini Croissant WG Cinnamon Roll	Yoplait Yogurt cup w/GF Cereal Muffin-Tops Chicken Biscuit	Chicken Mini Croissant WG WG French Toast Sticks
	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
Hot Meal					
Brd Mozzarella Cheese Sticks w/ Marinara sauce	All-American Cheeseburger on GF Bun	Nachos	Pizza	Eggs w/ Breakfast Chicken Patty Pancakes	Eggs and Cheese on GF bun
cf					
Vegetarian option****					
Vegetarian entree offered daily - check school for choices					
OR	OR	OR	OR	OR	OR
Sandwich Meal					
Smuckers PB&J	Smuckers PB&J	Smuckers PB&J	Smuckers PB&J	Smuckers PB&J	Smuckers PB&J
OR	OR	OR	OR	OR	OR
Turkey on GF BUN	Pizza Munchable w/GF Bread	Buffalo Chicken Wrap	Yogurt & Muffin Munchable w/Cheerio		
Salad Meal w/Tortilla Chips (vegetarian salad available upon request)	Veggie Salad w/cheese	Taco Salad			
Chef Salad					
WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3
Shoestring Sweet Potatoes Broccoli Frozen Fruit Cups Banana	Oven-baked Crinkle Fries Homestyle Baked Beans Leaf Lettuce w/Tomato Slice ZeeZee's Applesauce cup	Seasoned Black Beans Corn Shredded Lettuce / Tomatoes Seasonal Fruit	Tossed Garden Salad Baby X-ray Vision Carrots Mixed Fruit Sliced/Diced Pears	Potato Wedges Veggie Juice Org Medley Hot Cinnamon Apples/Pears Slice Peaches	
4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*
AND	AND	AND	AND	AND	AND
Lowfat Milk Choice	Lowfat Milk Choice	Low fat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	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