

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

Feb-21

GLUTEN-FREE Options

**High School
Weekly Breakfast menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices:				
Chicken Filet Biscuit OR WG Honey Buns OR	Yoplait Yogurt cup w/GF Cereal OR Chicken Filet Croissant OR	Chicken Filet Biscuit OR WG Cinnamon Roll OR	Yoplait Yogurt cup w/GF Cereal OR Chicken Filet Croissant OR	Chicken Filet Croissant OR French Toast Sticks OR
#Apple Cinn Cheerios (2)	#Apple Cinn Cheerios (2)	#Apple Cinn Cheerios (2) Yogurt & Fruit Smoothie/Parfait Non-Wheat/corn based cereal	#Apple Cinn Cheerios (2)	#Apple Cinn Cheerios (2)
WITH CHOICE OF 2 Fruit Serving 100% Fruit Juice* 1/2 cup serving Fruit	WITH CHOICE OF 2 Fruit Serving 100% Fruit Juice* 1/2 cup serving Fruit	WITH CHOICE OF 2 Fruit Serving 100% Fruit Juice* 1/2 cup serving Fruit	WITH CHOICE OF 2 Fruit Serving 100% Fruit Juice* 1/2 cup serving Fruit	WITH CHOICE OF 2 Fruit Serving 100% Fruit Juice* 1/2 cup serving Fruit
WITH : Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice
"This institution is an equal opportunity provider."				

μ Most grain product are Whole grain rich

**turkey

*only 1 fruit juice per meal

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

GLUTTEN-FREE Options

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

Revised Feb 2021

High School Recommended Menu
WEEK 1 SPRING 2020-2021

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken w/ Mini WG Roll	Nachos w/ Cheese*** & Meat	Popcorn Chicken w/ Mini WG Roll	Nachos w/ Cheese*** & Meat	All American Cheeseburger on GF BUN
To be served: April 12-16, May 10-14 Chinese "takeout" Sweet&Sour or Gen Tso Ckn over Fried Rice	Buffalo Chicken Pizza WG	To be served: April 12-16, May 10-14 Cheese or Pepperoni** Pizza Veggie or specialty Pizza	To be served: April 12-16, May 10-14 Chicken Filet Sandwich	To be served: April 12-16, May 10-14 All-Beef Hotdog on GF BUN
To be served: April 26-30, May 24-27 Stuffed Crust Pizza Cheese or Pepperoni	(Serve Both Choices)	To be served: April 26-30, May 24-27 Chicken Fajitas	To be served: April 26-30, May 24-27 Quesadilla Cheese WG	To be served: April 26-30, May 24-27 BBQ on GF BUN
(Rotate every other week)	(Rotate every other week)	(Rotate every other week)	(Rotate every other week)	(Rotate every other week)
Sub/Wraps Entrees Smuckers PB&J***	Smuckers PB&J***	Smuckers PB&J***	Smuckers PB&J***	Smuckers PB&J***
Buffalo Chicken Wrap	Ham/Turkey Cheese on GF bun	Buffalo Chicken Wrap	Turkey on GF BUN	Rotisserie Chicken on GF Bun
Salad Meal w/Tortilla Chips Chef Salad	(vegetarian salad available upon request) Rotisserie Chicken Salad	Chicken Tender Salad	Buffalo Chicken Salad	Veggie Salad w/cheese
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
Asian Veggie Blend Mini Carrots Steamed Broccoli Frozen Fruit Cups Fresh Seasonal Fruit	Golden Corn Ranch Beans Shred Lettuce and Dice Tomatoes Sliced Peaches Fresh Seasonal Fruit	Sweet Potato Fries Sonoma Vegetables Spinach Salad Celery Sticks Fresh Seasonal Fruit	Seasoned Pintos Grape Tomatoes Tossed Garden Salad Pear Slices Fresh Seasonal Fruit	Crispy Crinkle Fries Cole Slaw Leaf Lettuce & Tomato Flavored Applesauce Cup Cool Tropic Rip Frozen Fruit Juice
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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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

High School Recommended Menu

Week 2 SPRING 2020-2021

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breaded Mozzarella Sticks w/ Homemade Marinara	Boneless Plain/Bufalo Ckn Chunks w/School made Roll	Popcorn Chicken w/ Mini WG Roll	Nachos w/ Cheese*** & Meat	Cheese or Pepperoni** Pizza Veggie or specialty Pizza
Popcorn Chicken w/ Mini WG Roll	Nachos w/ Cheese*** & Meat	To be served: March 29-April 2 ,May 3-7 <i>All American Cheeseburger on GF BUN</i>	To be served: March 29-April 2 ,May 3-7 Chicken Tenders w/WG Roll	To be served: March 29-April 2 ,May 3-7 Pick ONE: Seafood Basket w/ cheesy biscuit OR Fish Filet on WG Bun
(Serve Both Choices)	(Serve Both Choices)	To be served: April 19-23,May 17-21 <i>Stuffed Pizza Breadstick w/ Homemade Marinara</i>	To be served: April 19-23,May 17-21 Garlic Parm Flatbread	To be served: April 19-23,May 17-21 Corn Dog (Mini or Regular)
Sub/Wraps Entrees		(Rotate every other week)	(Rotate every other week)	(Rotate every other week)
Smuckers PB&J	Smuckers PB&J	Smuckers PB&J	Smuckers PB&J	Smuckers PB&J
Bufalo Chicken Wrap	Rotisserie Chicken on GF Bun	Bufalo Chicken Wrap	Turkey on GF BUN	Chicken Tender Wrap
Salad Meal Choice w/ crackers & choice of 3 fruit/vegetable sides below (Vegetarian Salad*** available as requested)				
Rotisserie Chicken Salad	California Salad	Chicken Tender Salad	Bufalo Chicken Salad	Veggie Salad w/cheese
Vegetarian Choice*** Offered as requested & when another vegetarian entree 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
Green Beans Mini Carrots Seasoned Potato Wedges Frozen Fruit Cups Fresh Seasonal Fruit 4 oz 100% juice*	Golden Corn Seasoned Black Beans Tossed Garden Salad Sliced Peaches Fresh Seasonal Fruit 4 oz 100% juice*	Seasoned Potato Wedges Ranch-style beans Leaf Lettuce and Tomato Slice Apple Wedges Fresh Seasonal Fruit 4 oz 100% juice*	Sweet Potato Fries Shredded Lettuce w/ Diced Tomatoes Steamed Broccoli! Pear Slices Fresh Seasonal Fruit 4 oz 100% juice*	Crispy Crinkle Fries Creamy Cole Slaw Grape Tomatoes Tossed Garden Salad Frozen Sour Cherry Fruit Cup Fresh Seasonal Fruit 4 oz 100% juice*
WITH Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

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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 entree is not available - check school for options

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