

High School
Weekly Breakfast menu

Gluten-Free Options

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices:	Yoplait Yogurt w/ GF Cereal		Yoplait Yogurt w/ GF Cereal	
Chicken Filet Biscuit	Yogurt w/ Muffin TOPS	Chicken Filet Biscuit	Yogurt w/ Muffin TOPS	Chicken Filet Croissant
OR	OR	OR	OR	OR
WG Honey Buns	Chicken Filet Croissant	WG Cinnamon Roll	Chicken Filet Croissant	French Toast Sticks
OR	OR	OR	OR	OR
2 Bowls WG Cereal	2 Bowls WG Cereal	2 Bowls WG Cereal	2 Bowls WG Cereal	2 Bowls WG Cereal
2 Bowls GF Cereal#	2 Bowls GF Cereal#	2 Bowls GF Cereal#	2 Bowls GF Cereal#	2 Bowls GF Cereal#
WITH 2 fruit servings	WITH 2 fruit servings	WITH 2 fruit servings	WITH 2 fruit servings	WITH 2 fruit servings
100% Fruit Juice*	100% Fruit Juice*	100% Fruit Juice*	100% Fruit Juice*	100% Fruit Juice*
1/2 cup serving Fruit	1/2 cup serving Fruit	1/2 cup serving Fruit	1/2 cup serving Fruit	1/2 cup serving Fruit
Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

"This institution is an equal opportunity provider."

☪ Most grain product are Whole grain rich

*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

Revised Dec. 2020

High School Recommended Menu

Gluten-Free Options

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

WEEK 1 WINTER

To 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
French Garlic Bread w/ Homemade Marinara OR	Asian Chicken Nuggets w/ Rice OR	Cheese or Pepperoni** Pizza Veggie or specialty Pizza OR	Chicken Filet Sandwich OR	Cheese Steakburger on GF Bun OR
Popcorn Chicken w/ Mini WG Roll <i>Grilled Ckn Filet on GF Bun</i>	Nachos w/ Cheese*** & Meat	Popcorn Chicken w/ Mini WG Roll <i>Grilled Ckn Filet on GF Bun</i>	Nachos w/ Cheese*** & Meat Nacho/Loaded Potato w/ Tortilla Chips or WG Breadstick	Buffalo Chicken Pizza OR Cheese Quesadilla
Sub/Wraps Entrees Smuckers PB&J*** OR Buffalo Chicken Wrap	Smuckers PB&J*** OR Turkey on GF BUN	Smuckers PB&J*** OR Buffalo Chicken Wrap	Smuckers PB&J*** OR Turkey on GF BUN	Smuckers PB&J***
Salad Meal Choice w/ Tortilla Chips & choice of 3 fruit/vegetable sides below (Vegetarian Salad)				
Chef Salad	Grilled Chicken Salad	Chicken Tender Salad <i>Veggie Salad</i>	Buffalo Chicken Salad <i>Veggie Salad</i>	
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
Green Beans Mini Carrots Mashed Potatoes Frozen Fruit Cups Fresh Seasonal Fruit 4 oz 100% juice* Fresh Baked Cookie	Golden Corn Ranch Beans Asian Blend Vegetables Sliced Peaches Fresh Seasonal Fruit 4 oz 100% juice*	Sweet Potato Fries Sonoma Vegetables Spinach Salad Hot Cinnamon Apples /Pears Fresh Seasonal Fruit 4 oz 100% juice*	Seasoned Pintos Grape Tomatoes Tossed Garden Salad Pear Slices Fresh Seasonal Fruit 4 oz 100% juice*	Potato Seasoned Wedges Celery Logs Leaf Lettuce & Tomato Flavored Applesauce Cup Fresh Seasonal Fruit 4 oz 100% juice*
WITH Lowfat Milk Choice	WITH Lowfat Milk Choice	WITH Lowfat Milk Choice	WITH Lowfat Milk Choice	WITH Lowfat Milk Choice

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*only 1 fruit juice carton per meal

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\$3.85 meal/\$2.80 meal

**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

High School Recommended Menu

Gluten-Free Options

Week 2 WINTER

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
Breaded Mozzarella Sticks w/ Homemade Marinara	Boneless Buffalo Ckn Chunks w/School made Roll	<i>Cheese Steakburger</i>	Chicken Tenders w/WG Roll	Cheese or Pepperoni** Pizza Veggie or specialty Pizza
Popcorn Chicken w/ Mini WG Roll	Nachos w/ Cheese*** & Meat	Popcorn Chicken w/ Mini WG Roll	Nachos w/ Cheese*** & Meat	Chicken Parmesen WG Noodles or Served on Sub roll
Grilled Chicken on GF Bun		BBQ on GF Bun		
Sub/Wraps Entrees Smuckers PB&J	Smuckers PB&J	Smuckers PB&J	Smuckers PB&J OR	Smuckers PB&J
Buffalo Chicken Wrap	Turkey on GF BUN	Buffalo Chicken Wrap	Turkey on GF BUN	Turkey on GF BUN
Salad Meal w/Tortilla Chips (vegetarian salad available upon request) Chef Salad	California Salad	Chicken Tender Salad Veggie Salad	Buffalo Chicken Salad Veggie 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
Green Beans Mini Carrots Tossed Garden Salad Frozen Fruit Cups Fresh Summer Fruit	Golden Corn Seasoned Black Beans Tossed Garden Salad Pineapple Tidbits Apple Wedges	Classic Crinkle Fries Ranch-style beans Leaf Lettuce and Tomato Frozen Fruit Pouch (Rips) Fresh Summer Fruit	Sweet Potato Fries Shredded Lettuce w/ Diced Tomatoes Steamed Broccoli Cinnamon Pear Cups Sliced Peaches	Crinkle Potato Fries Grape Tomatoes Tossed Garden Salad Flavored Applesauce Cup Fresh Summer Fruit
4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*
Fresh Baked Cookie				
WITH Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice	Lowfat Milk Choice

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