

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 Chicken Mini Croissant WG WG Mini Pancakes	Yoplait Yogurt cup w/GF Cereal Maffin-Tops Chicken Biscuit	Chicken Croissant WG WG Honey Bun	Yoplait Yogurt cup w/GF Cereal Maffin-Tops Chicken Biscuit	Chicken Filet Mini Croissant WG WG French Toast sticks
#Have 2 other 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
Brd Mozzarella Cheese Sticks w/ Marinara sauce	Chicken and Pancakes	Nachos w/ Cheese & Meat	Pizza	Corn Dog (Mini or Large)
Vegetarian option** Vegetarian entree offered daily - check school for choices				
Sub/Wraps Entrees Smuckers PB&J OR Turkey on GF BUN	Smuckers PB&J	Smuckers PB&J OR Turkey on GF BUN	Smuckers PB&J OR Turkey on GF BUN	Smuckers PB&J
Salad Meal w/Tortilla Chips (vegetarian salad available upon request)				
Veggie Salad WITH CHOICE OF 3	California Salad WITH CHOICE OF 3	Taco Salad WITH CHOICE OF 3	Buffalo Chicken Salad WITH CHOICE OF 3	WITH CHOICE OF 3
Shoestring Sweet Potato Fries Cucumber Slices Seasoned Ranch Beans Sliced/Diced Pear Cups Mandarin Oranges	Green Beans Mini Carrots Steamed Broccoli Frozen Fruit Cups Fresh Seasonal Fruit	Seasoned Black Beans Shredded Lettuce w/Diced Tomatoes Corn Apple Wedges Seasonal Fresh Fruit	Crinkle French Fries Sliced Cucumbers Flavored Applesauce Cup Pineapple Tiblets Frozen Juice Sour Chry Raspberry	Side Salad Sticks and Stones Frozen Fruit Cups Slice Peaches
4 oz 100% juice	4 oz 100% juice*	4 oz 100% juice	4 oz 100% juice	4 oz 100% juice
AND w/ all meals Lowfat Milk Choice	AND Fresh Baked Cookie AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice	AND w/ all meals Lowfat Milk Choice

This institution 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.

Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

WG = Whole grain rich

**Vegetarian entrée option

Middle
WEEK 2 Winter

FORSYTH COUNTY SCHOOLS Food & Nutrition Services

Gluten-Free Options

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

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Revised Dec. 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ BREAKFAST choices Chicken filet Mini Croissant WG WG Mini Pancakes	Yoplait Yogurt cup w/GF Cereal Muffin Tops Chicken Biscuit	Chicken filet Mini Croissant WG WG Honey Bun	Yoplait Yogurt cup w/GF Cereal Muffin Tops Chicken Biscuit	Chicken filet Mini Croissant WG French Toast sticks WG
#Have 2 other 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
Popcorn Chicken Plain/Asian Sauce/Bufallo w/WG Rice	Spaghetti and Meatballs w/Mini WG Roll	Nachos w/ Cheese & Meat	All-American Cheeseburger on GF Bun OR All Beef Hot Dog on GF Bun	Tyson Brd Chicken Sandwich OR BBQ on GF Bun
Vegetarian option** Vegetarian entree offered daily - check school for choices				
Sub/Wraps Entrees				
Smuckers PBJ WG Turkey on GF BUN	Smuckers PBJ WG Bufallo Chicken Wrap WG	Smuckers PBJ WG Ham on GF BUN	Smuckers PBJ WG Chicken Tender Wrap WG	Smuckers PBJ WG
Salad Meal w/ Tortilla Chips Veggie Salad	(vegetarian salad available upon request) California Salad	Taco Salad	Bufallo Chicken Salad	
WITH CHOICE OF 3 Steamed Broccoli Asian Vegetable Blend Celery Sticks	WITH CHOICE OF 3 Tossed Garden Salad Baby Carrot Sticks Hot Cinnamon Apples/Pears	WITH CHOICE OF 3 Seasoned Pinto Beans Corn Frozen Fruit Cups	WITH CHOICE OF 3 Oven Crinkle Fries Seasoned Ranch Beans Leaf Lettuce and Slice Tomato	WITH CHOICE OF 3 Shoestring Sweet Potato Fries Spinach Salad Flavored Applesauce cup
Banana Fresh Seasonal Fruit				
4 oz 100% juice AND w/ all meals Lowfat Milk Choice	4 oz 100% juice AND Fresh Baked Cookie AND w/ all meals Lowfat Milk Choice	4 oz 100% juice AND w/ all meals Lowfat Milk Choice	4 oz 100% juice AND w/ all meals Lowfat Milk Choice	4 oz 100% juice AND w/ all meals Lowfat Milk Choice

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**vegetarian entrée option

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Dark green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are WG = Whole grain rich