

FORSYTH COUNTY SCHOOLS

Revised July 2020

Elementary

Food & Nutrition Services

WEEK 1

Elementary Recommended Lunch Menu

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

To be served: Aug 28-Oct 2, Oct 12-16, Oct 26-30, Nov 9-13, Nov 30-Dec 4, Dec 14-18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Yoplait Yogurt cup w/ Muffin Tops	Chicken Biscuit	Chicken Mini Croissant	Yoplait Yogurt cup w/ Muffin Tops	Chicken Mini Croissant
Apple Cinnamon Ceerios	WG Mini Pancakes OR Waffles Apple Cinnamon Ceerios	Cinnamon Bites Apple Cinnamon Ceerios	Apple Cinnamon Ceerios	WG French Toast Sticks Apple Cinnamon Ceerios
WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice
Hot Meal Chicken Pickle Bites W/roll	Stuffed Crust Pizza (Pepperoni /Cheese)	Nachos Beef or Chicken Nachos w/ Cheese*** & Meat	Chicken Sandwich	Corn Dogs Mini or Large
Vegetarian option*** Vegetarian entree offered daily - check school for choices				
Sandwich Meal Smuckers PB&J	Smuckers PB&J	Smuckers PB&J	Smuckers PB&J	Smuckers PB& J
Turkey & Cheese on GF Bread Turkey Sub/Wrap	Pizza "Munchable"*** w/ GF Bread Pizza Munchable		Turkey & Cheese on GF Bread Buffalo Wrap	Turkey & Cheese on GF Bread Yogurt & Muffin Munchable
Salad Meal Choice w/ crackers & choice of 3 fruit/vegetable sides below (Vegetarian Salad*** available as requested)				
		Taco Salad		
WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3	WITH CHOICE OF 3
Green Beans Sweet Potato Fries Pineapple Bananas	Crinkle Fries Cucumbers Mandarin Oranges Frozen Fruit Pouch (RIPS)	Black Beans Side Salad Pears ZeeZee's Applesauce	Corn Grape Tomatoes Apple Slices Frozen Fruit Cup	Baked Beans Baby X-ray Vision Carrots ZeeZee's Applesauce cup Fresh Summer Fruit
4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice*	4 oz 100% juice* AND Fresh Baked Cookie	4 oz 100% juice*
AND	AND	AND	AND	AND
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.

*only 1 fruit juice carton per meal

"This institution is an equal opportunity provider."

**turkey

Dark Green vegetable serving

Red/Orange vegetable serving

Legume vegetable serving

Grains are Whole grain-rich

***vegetarian option