

FORSYTH COUNTY SCHOOLS

Elementary
WEEK 2

Food & Nutrition Services
Elementary Recommended Menu

Revised July 2020

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

To be served: Oct 5-9, Oct 19-23 Nov 16-20 Dec 7-11 Dec 21-22

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| A+ Breakfast choices Yoplait Yogurt cup w/ Muffin Tops | Chicken Biscuit Apple Cinnamon Ceerios WG Mini Pancakes OR Waffles | Chicken Mini Croissant Apple Cinnamon Ceerios WG Honey Bun | Yoplait Yogurt cup w/ Muffin Tops | Chicken Mini Croissant WG French Toast Sticks |
| Apple Cinnamon Ceerios | | | Apple Cinnamon Ceerios | 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 Cheese Sticks w/ Dipping sauce | Popcorn Chicken WG Soft Roll | All Beef Hot Dog on WG Bun | WG Cheesy Bread*** w/ Dipping sauce | All-American Cheeseburger on whole grain bun |
| Vegetarian option*** Vegetarian entree offered daily - check school for choices OR 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 | 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) | | | | |
| | | Chef Salad | | |
| WITH CHOICE OF 3 Mashed Potatoes Baby X-ray Vision Carrots Frozen Fruit Cups Banana | WITH CHOICE OF 3 Green Beans Sun-ripe Grape Tomatoes Mandarin Oranges Fresh Summer Fruit | WITH CHOICE OF 3 Shoestring Sweet Potatoes Seasoned Ranch Beans Fresh Summer Fruit Sweet Apple Wedges | WITH CHOICE OF 3 Steamed Broccoli Sliced Cucumbers Pineapple Tidbits Sliced/Diced Pears Cups | WITH CHOICE OF 3 Oven-baked Crinkle Fries Cowboy BBQ Beans ZeeZee's Applesauce cup Frozen Fruit Pouch |
| 4 oz 100% juice* | 4 oz 100% juice* | 4 oz 100% juice* AND Fresh Baked Cookie | 4 oz 100% juice* | 4 oz 100% juice* |
| AND Lowfat Milk Choice | AND Lowfat Milk Choice | AND Low fat Milk Choice | AND Lowfat Milk Choice | AND 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