

**FORSYTH COUNTY SCHOOLS**

Revised Sept. 2020

**Elementary**

**Food & Nutrition Services**

**WEEK 1 Fall-Winter**

Elementary Recommended Lunch Menu

For specific school menu go to: [www.mealviewer.com](http://www.mealviewer.com)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A+ Breakfast choices</b> Yoplait Yogurt cup w/ Muffin Tops Chicken Croissant WG  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG Mini Pancakes OR WG Waffle Yogurt & Fruit Smoothie/Parfait  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Mini Croissant WG WG Honey Bun  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Yoplait Yogurt cup w/ Muffin Tops Chicken Biscuit  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice	Chicken Mini Croissant WG WG French Toast Sticks  WG Cereal choice w/ grahams 100% Juice and fruit srv Lowfat Milk Choice
<b>Hot Meal</b> Chicken Pickle Bites w/ WG School -made Roll  <b>Vegetarian option***</b> Vegetarian entree offered daily - check school for choices  <b>OR</b> <b>Sandwich Meal</b> Smuckers PB&J OR Turkey Sub/Wrap <b>Salad Meal w/ Crackers (vegetarian salad available upon request)</b> Chef Salad	Stuffed Crust Pizza (Pepperoni /Cheese )  <b>OR</b> Smuckers PB&J OR Buffalo Chicken Wrap Veggie Salad	Nachos  <b>OR</b> Smuckers PB&J  Taco Salad	Chicken Sandwich  <b>OR</b> Smuckers PB&J OR Pizza Munchable	Corn Dogs Mini or Large  <b>OR</b> Smuckers PB& J OR Yogurt & Muffin Munchable
<b>WITH CHOICE OF 3</b> Broccoli Crunch Celery Mandarin Oranges Bananas  4 oz 100% juice* AND Fresh Baked Cookie <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Crinkle Fries Tossed Garden Salad Pineapple Tiblets Frozen Sour Cherry Raspberry  4 oz 100% juice* <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Seasoned Black Beans Corn Shredded Lettuce w/Diced Tomatoes ZeeZee's Applesauce  4 oz 100% juice* <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Seasoned Potato Wedges Grape Tomatoes Leaf lettuce w/Slice tomato Apple Slices  4 oz 100% juice* <b>AND</b> Lowfat Milk Choice	<b>WITH CHOICE OF 3</b> Homestyle Baked Beans Baby X-ray Vision Carrots ZeeZee's Applesauce cup Fresh Seasonal Fruit  4 oz 100% juice* <b>AND</b> 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