

**FORSYTH COUNTY SCHOOLS**

**Food & Nutrition Services**

Elementary Recommended Menu

Revised Sept. 2020

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

**Elementary**

**WEEK 2 Fall- Winter**

To be served: Oct 5-9, Oct 19-23, Nov.2-6, Nov 16-20 , Dec.7-11 , Dec. 21-22

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <b>A+ Breakfast choices</b><br>Yoplait Yogurt cup w/<br>Muffin Tops<br>Chicken Croissant WG<br><br>WG Cereal choice w/ grahams<br>100% Juice and fruit srv<br>Lowfat Milk Choice  | Chicken Biscuit<br>WG Mini Pancakes OR Waffles<br>Yogurt & Fruit Smoothie/Parfait<br><br>WG Cereal choice w/ grahams<br>100% Juice and fruit srv<br>Lowfat Milk Choice | Chicken Mini Croissant WG<br>WG Honey Bun<br><br>WG Cereal choice w/ grahams<br>100% Juice and fruit srv<br>Lowfat Milk Choice | Yoplait Yogurt cup w/<br>Muffin Tops<br>Chicken Biscuit<br><br>WG Cereal choice w/ grahams<br>100% Juice and fruit srv<br>Lowfat Milk Choice | Chicken Mini Croissant WG<br>WG French Toast Sticks<br><br>WG Cereal choice w/ grahams<br>100% Juice and fruit srv<br>Lowfat Milk Choice           |
| <b>Hot Meal</b><br>Brd Mozzarella Cheese Sticks<br>w/ School -made Marinara sauce<br><br><b>Vegetarian option***</b><br>Vegetarian entree offered daily - check school for choices<br>OR<br><b>Sandwich Meal</b><br>Smuckers PB&J<br>OR<br>Turkey Sub/Wrap<br><b>Salad Meal w/ Crackers (vegetarian salad available upon request)</b><br>Chef Salad | Popcorn Chicken w/<br>WG School -made Roll<br><br>OR<br>Smuckers PB&J<br>OR<br>Pizza Munchable<br>Veggie Salad w/cheese  | Nachos<br><br>OR<br>Smuckers PB&J<br>Taco Salad  | WG Cheesy Bread***<br>w/ School -made Marinara sauce<br><br>OR<br>Smuckers PB&J<br>OR<br>Buffalo Chicken Wrap                                | All-American Cheeseburger<br>on WG Bun<br><b>OR</b><br>All Beef Hot Dog<br>on WG Bun<br><br>OR<br>Smuckers PB&J<br>OR<br>Yogurt & Muffin Munchable |
| <b>WITH CHOICE OF 3</b>   | <b>WITH CHOICE OF 3</b>  | <b>WITH CHOICE OF 3</b>  | <b>WITH CHOICE OF 3</b>  | <b>WITH CHOICE OF 3</b>  |
| Shoestring Sweet Potatoes   | Mashed Potatoes  | Seasoned Ranch Beans   | Tossed Garden Salad  | Oven-baked Crinkle Fries   |
| Broccoli  | Sun-ripe Grape Tomatoes  | Corn   | Baby X-ray Vision Carrots  | Homestyle Baked Beans  |
| Frozen Fruit Cups<br>Banana   | Green Beans<br>Fresh Seasonal Fruit  | Frozen Fruit Pouch RIP<br>Sweet Apple Wedges   | Mandarin Oranges<br>Sliced/Diced Pears Cups  | Leaf Lettuce w/Tomato Slice<br>Sliced Peaches  |
| 4 oz 100% juice*<br>AND Fresh Baked Cookie  | 4 oz 100% juice*   | 4 oz 100% juice*   | 4 oz 100% juice*   | 4 oz 100% juice*   |
| <b>AND</b>  | <b>AND</b>   | <b>AND</b>   | <b>AND</b>   | <b>AND</b>   |
| Lowfat Milk Choice  | Lowfat Milk Choice   | Low fat 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