

FORSYTH COUNTY PUBLIC SCHOOLS

Revised Oct 2011

Elementary

Food & Nutrition Services

WEEK 1 Winter 2011-12

Elementary Recommended Lunch Menu

To be served: Nov 7-11, Dec 12-16, Jan 17-20, Feb 13-16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Egg & Cheese Biscuit Flavored Mini Pancakes 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Tony's Breakfast Bagel* WG Honey Bun Trix Yogurt + 2 muffin tops 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Egg Muffin Trio** Yogurt cup w/ Granola or Granola Round 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Tony's Breakfast Bagel* WG Cinnamon Roll Trix Yogurt + 2 muffin tops 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams T. Sausage Biscuit** Flavored Mini Pancakes 100% Juice and fruit srv Lowfat Milk Choice
Hot Lunch All-Natrl Chicken Nuggets & Wheat Roll OR Grilled Cheese Sandwich & Campbell's tomato soup OR Vegetarian "Ckn" nuggets & roll	Crispy Fish Sticks Macaroni & Cheese OR T. Ham Slice & Biscuit Macaroni & Cheese OR Vegetarian "Ckn" Patty on bun	Pizza Wedge (WG crust) OR Turkey & Dumplings OR Veggie Garden Burger on bun	Choice of Homestyle or Buffalo ChickenTenderStrips Hot Wheat Roll OR Soft Beef Tacos OR Vegetarian "Ckn" nuggets & roll	Beef Hot Dog on whole grain bun OR Hamburger/Cheeseburger on whole grain bun OR Vegetarian "Ckn" Patty on bun
WITH CHOICE OF 2*	WITH CHOICE OF 2	WITH CHOICE OF 2	WITH CHOICE OF 2	WITH CHOICE OF 2
*complimentary 3rd fruit or veg serving allowed w/ all meals NEW Mashed Potatoes Sweet Green Peas Baby X-ray Vision Carrots Sliced Pears Banana AND Dessert, when offered Cocoa Cherry Bar OR Salad Meal w/ Crackers and Dessert, when offered Chef Salad California Salad OR Sandwich Meal w/ Fruit, Veggie & Dessert, when offered Smuckers PB & J Sandwich Turkey & Cheese Sub AND Lowfat Milk Choice	New Sweet Potato Bites Black-eyed Peas Cool Sliced Cucumbers Mandarin Oranges Grapefruit wedges w/ honey AND Chef Salad Grilled Chicken Salad Smuckers PB & J OR Ham & Cheese Sub Pizza "Munchable" AND Lowfat Milk Choice	Sonoma Blend Vegetables Golden Corn Tossed Salad Frozen Peaches/Apricot cups Flavored Applesauce cup AND Chocolate Pudding cup Chef Salad Fruit Salad w/ yogurt & WG muffin Smuckers PB & J OR Turkey & Cheese Sub AND Low fat Milk Choice	Baked Potato Half Ranch Beans Shredded lettuce & diced tomato Sliced Peaches Fresh Grapes, in season AND Chef Salad Chicken Supreme Salad Smuckers PB & J OR Chicken Tender Wrap Pizza "Munchable" AND Lowfat Milk Choice	Oven Seasoned Fries Green Beans Lettuce & Tomato Frozen Sliced Strawberries Pineapple Tidbits CryBaby Froz juice cup AND Chef Salad Chicken Tender Salad Smuckers PB & J Ham & Cheese Sub AND Lowfat Milk Choice

Note: Availability of food, early release days and special school situations may require changes in menus without notice.

* pork

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**turkey

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Food & Nutrition Services

Elementary Recommended Menu

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WEEK 2 Winter 2011-12

To be served: Nov 14-18, Dec 19-20, Jan 23-27, Feb 21-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Egg & Cheese Biscuit Flavored Mini Pancakes 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Tony's Breakfast Bagel* WG Honey Bun Trix Yogurt + 2 muffin tops 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Egg Muffin Trio** Yogurt cup w/ Granola or Granola Round 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Tony's Breakfast Bagel* WG Cinnamon Roll Trix Yogurt + 2 muffin tops 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams T. Sausage Biscuit** Flavored Mini Pancakes 100% Juice and fruit srv Lowfat Milk Choice
Hot Lunch Popcorn Chicken Hot Wheat Roll OR Breaded Mozz Cheese sticks w/ Chicken Noodle Soup OR Vegetarian "Ckn" nuggets & roll	BBQ on WG bun OR Whole grain Corn dog OR Minis OR Vegetarian "Ckn" Patty on bun	Meat & Cheese Nachos OR WG Pizza Wedge OR Veggie Garden Burger on bun	Lil Taco Bites w/ salsa OR "2Fers" Mini burgers OR Vegetarian "Ckn" nuggets & roll	Cheese-stuffed Breadsticks w/ dipping sauce OR Pasta w/ Meatballs w/ Wheat Roll OR Vegetarian "Ckn" Patty on bun
WITH CHOICE OF 2*	WITH CHOICE OF 2	WITH CHOICE OF 2	WITH CHOICE OF 2	WITH CHOICE OF 2
*complimentary 3rd fruit or veg serving allowed w/ all meals				
Colorful Peas & Carrots Potato Smiles Tossed Salad Fruit Cocktail Tangerine (in season) AND Dessert, when offered OR Salad Meal w/ Crackers and Dessert, when offered Chef Salad California Chicken Salad OR Sandwich Meal w/ Fruit, Veggie & Dessert, when offered Smuckers PB & J Sandwich Turkey & Cheese Sub AND Lowfat Milk Choice	Sweet Potato Bites Baked Beans Fresh Cucumber slices Frozen Strawberries Banana AND Otis RF/WG cookie Chef Salad Salad w/ Deli Turkey Smuckers PB & J OR Ham & Cheese Sub Pizza "Munchable" AND Lowfat Milk Choice	Golden Corn Tossed Salad Xray vision Baby Carrots Hot Cinnamon Apples Fruit Medley AND Chef Salad Teriyaki Chicken Salad Smuckers PB & J OR Turkey & Cheese Wrap AND Low fat Milk Choice	Tater Bucks Pintos w/ cheese Veggie Dippers Mandarin Oranges Sliced Canned Pears AND Juice Sherbet Chef Salad Buffalo Chicken Tender Salad Smuckers PB & J OR Ham & Cheese Sub Pizza "Munchable" AND Lowfat Milk Choice	Seasoned Green Beans Tossed Salad Celery Logs Flavored Applesauce cup Sweet Apricots AND Chef Salad Southwest Chicken Salad Smuckers PB & J Turkey & Cheese Sub AND Lowfat Milk Choice

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*pork

**turkey

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WEEK 3 Winter 2011-12

To be served: Nov 28-Dec 2, Jan 5-6, Jan 30-Feb 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Egg & Cheese Biscuit Flavored Mini Pancakes 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Tony's Breakfast Bagel* WG Honey Bun Trix Yogurt + 2 muffin tops 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Egg Muffin Trio** Yogurt cup w/ Granola or Granola Round 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Tony's Breakfast Bagel* WG Cinnamon Roll Trix Yogurt + 2 muffin tops 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams T. Sausage Biscuit** Flavored Mini Pancakes 100% Juice and fruit srv Lowfat Milk Choice
Hot Lunch Crispy Chicken Nuggets w/ Hot Wheat Roll OR Country Steak w/ gravy Hot Wheat Roll OR Vegetarian "Ckn" nuggets & roll	Hamburger/Cheeseburger on WG bun OR Seafood Basket w/ Cheesy Biscuit OR Vegetarian "Ckn" Patty on bun	Grilled Cheese Sandwich w/ Campbell's Tomato soup OR Asian Chicken Bites w/ Wheat Roll OR Veggie Garden Burger on bun	Soft Beef Tacos OR Quesadilla Pizza Wedge w/ salsa OR Vegetarian "Ckn" nuggets & roll	Tyson Popcorn Chicken Basket w/ Wheat Roll OR Mac & Chz w/ Diced Ham OR Vegetarian "Ckn" Patty on bun
WITH CHOICE OF 2*	WITH CHOICE OF 2	WITH CHOICE OF 2	WITH CHOICE OF 2	WITH CHOICE OF 2
*complimentary 3rd fruit or veg serving allowed w/ all meals Mashed Potatoes Green Beans Crunchy Celery Ribs Frozen Fruit cup Grapefruit wedges w/ honey AND Dessert, when offered OR Salad Meal w/ Crackers and Dessert, when offered Chef Salad Chicken Tender Salad OR Sandwich Meal w/ Fruit, Veggie & Dessert, when offered Smuckers PB & J Sandwich Turkey & Cheese Sub AND Lowfat Milk Choice	Tater Bucks Tossed Salad Baby X-ray vision Carrots Pineapple Tidbits Sliced Peaches Whole Fruit froz. juice cup AND Chef Salad Chicken Supreme Salad Smuckers PB & J OR Ham & Cheese Sub Pizza "Munchable" AND Lowfat Milk Choice	Mixed Vegetables Broccoli w/ cheese sauce Sliced Cukes w/ dip Kid Favorite Applesauce Mandarin Oranges AND Chef Salad Fruit Salad w/ yogurt & WG muffin Smuckers PB & J OR Buffalo Tender Wrap AND Low fat Milk Choice	Seasoned Black Beans Shredded Lettuce & Tomato Golden Corn Fruit Medley Juicy Orange Wedges AND Cocoa Cherry Bar Chef Salad Taco Salad Smuckers PB & J OR Turkey & Cheese Sub Pizza "Munchable" AND Lowfat Milk Choice	Potato Smiles Baked Beans Carrots & Celery Sliced Canned Pears Fresh Crisp Apple AND Chef Salad Veggie Salad w/ cheese Smuckers PB & J Ham & Cheese Sub AND Lowfat Milk Choice

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WEEK 4 Winter 2011-12

To be served: Dec 5-9, Jan 9-13, Feb 6-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A+ Breakfast choices Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Egg & Cheese Biscuit Flavored Mini Pancakes 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Tony's Breakfast Bagel* WG Honey Bun Trix Yogurt + 2 muffin tops 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Egg Muffin Trio** Yogurt cup w/ Granola or Granola Round 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams Tony's Breakfast Bagel* WG Cinnamon Roll Trix Yogurt + 2 muffin tops 100% Juice and fruit srv Lowfat Milk Choice	Chicken Biscuit WG French Toast Sticks WG Cereal choice w/ grahams T. Sausage Biscuit** Flavored Mini Pancakes 100% Juice and fruit srv Lowfat Milk Choice
Hot Lunch Beef-A-Roni Hot Wheat Roll OR All-Natrl Br. Chicken Sand. OR Vegetarian "Ckn" nuggets & roll	Pizza Wedge (WG crust) OR Yummy Chicken Pot Pie OR Vegetarian "Ckn" Patty on bun	"2 Fers" mini burgers OR Meat & Cheese Nachos OR Veggie Garden Burger on bun	Breaded Mozz Sticks w/ Homemade Vegetable soup OR Chicken Tender-strips & Roll OR Vegetarian "Ckn" nuggets & roll	Teriyaki Nugget Bowl w/ Vegetable Fried Rice OR Café Fav T Ham & Chz Melt OR Vegetarian "Ckn" Patty on bun
WITH CHOICE OF 2*	WITH CHOICE OF 2	WITH CHOICE OF 2	WITH CHOICE OF 2	WITH CHOICE OF 2
<p>*complimentary 3rd fruit or veg serving allowed w/ all meals</p>				
Seasoned Green Beans Mini Carrots in a bag Tossed Salad Tangerine, in season Frozen Strawberries AND Dessert, when offered Otis RF/WG Cookie OR Salad Meal w/ Crackers and Dessert, when offered Chef Salad Southwest Chicken Salad OR Sandwich Meal w/ Fruit, Veggie & Dessert, when offered Smuckers PB & J Sandwich Turkey & Cheese Sub AND Lowfat Milk Choice	Broccoli Golden Corn Veggie Dippers Sweet Canned Pears Banana AND Chef Salad California Salad Smuckers PB & J OR Ham & Cheese Sub Pizza "Munchable" AND Lowfat Milk Choice	Baked Potato half Ranch style Beans Tossed Salad Mandarin Oranges Applesauce cup AND Apple Brown Betty Chef Salad Asian Chicken Salad Smuckers PB & J OR Turkey & Cheese Sub AND Low fat Milk Choice	Black-eyed Peas Tossed Salad Cool Sliced Cucumbers Hot Cinnamon Apples Juicy Orange Wedges AND Chef Salad Buffalo Tender Salad Smuckers PB & J OR Grilled Chicken Wrap "Munchable" Pizza box AND Lowfat Milk Choice	Sweet Potato Bites Asian Blend Vegetables Crisp Celery Logs Fruit Cocktail Fresh juicy Pear AND 100% Juice Sherbet Chef Salad Teriyaki Chicken Salad Smuckers PB & J Ham & Cheese Sub AND Lowfat Milk Choice

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