



Fulton County Schools 2018 - 2019

Middle School Breakfast Menu



www.fcsnutrition.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: Aug 6, Sept 4, Oct 1, Oct 29, Dec 3	Cheesy Eggs with Grits Mini Pancakes Assorted Cereals with Golden Grahams Cereal Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Cereal 100% Juice Assorted Fresh Fruit	Egg & Cheese Croissant Pancake & Turkey Sausage on a Stick Assorted Cereals with Yogurt 100% Juice Assorted Fresh Fruit	Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin 100% Juice Assorted Fresh Fruit	Chicken Biscuit Pancake & Sausage Griddle Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit
Week of: Aug 13, Sept 10, Oct 9, Nov 5, Dec 10	Cheesy Eggs with Grits Mini Pancakes Assorted Cereals with Golden Grahams Cereal Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Cereal 100% Juice Assorted Fresh Fruit	Egg & Cheese Croissant Pancake & Turkey Sausage on a Stick Assorted Cereals with Yogurt 100% Juice Assorted Fresh Fruit	Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin 100% Juice Assorted Fresh Fruit	Chicken Biscuit Pancake & Sausage Griddle Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit
Week of: Aug 20, Sept 17, Oct 15, Nov 12, Dec 17	Cheesy Eggs with Grits Mini Pancakes Assorted Cereals with Golden Grahams Cereal Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Cereal 100% Juice Assorted Fresh Fruit	Egg & Cheese Croissant Pancake & Turkey Sausage on a Stick Assorted Cereals with Yogurt 100% Juice Assorted Fresh Fruit	Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin 100% Juice Assorted Fresh Fruit	Chicken Biscuit Pancake & Sausage Griddle Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit
Week of: Aug 27 Sept 24, Oct 22, Nov 26	Cheesy Eggs with Grits Mini Pancakes Assorted Cereals with Golden Grahams Cereal Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Cereal 100% Juice Assorted Fresh Fruit	Egg & Cheese Croissant Pancake & Turkey Sausage on a Stick Assorted Cereals with Yogurt 100% Juice Assorted Fresh Fruit	Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin 100% Juice Assorted Fresh Fruit	Chicken Biscuit Pancake & Sausage Griddle Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit

Daily Assorted Milk • Daily Fresh Fruits
Locally Sourced Ingredients Offered Regularly
Daily Vegetarian Option

Menu Subject to Change Based on Product Availability

Breakfast Price
Student \$1.25 Adult: \$1.60

NOW HIRING CAFÉ WORKERS
 770-497-8337
 217N@Kellyservices.com

This institution is an equal opportunity provider.



Fulton County Schools 2018-2019 Middle School Lunch Menu



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: Aug 6, Sept 4, Oct 1, Oct 29, Dec 3	Chicken Nuggets with Garlic Breadstick Cheese Steakburger Veggie Lasagna with Garlic Breadstick Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots • Oven-Baked Tater Tots	General Tso Chicken with Brown Rice Meat Lover's Pizza Black Bean Quesadilla Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Peas & Carrots	Tex Mex Nachos Cheese Nachos Grilled Chicken Sandwich Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	Southern Breaded Chicken with Roll Pepperoni Pizza Mozzarella Sticks Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli	Popcorn Shrimp with Mac & Cheese Burger Sliders Cheese Pizza Slice Fresh Deli Subs Wrap of the Day Chef Selection Salad Fresh Cucumber, Carrot & Tomato Edamame Succotash
Week of: Aug 13, Sept 10, Oct 9, Nov 5, Dec 10	Meatball Spaghetti Bowl Chicken Tenders with Garlic Breadstick Broccoli Cheddar Soup with Garlic Breadstick Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Sweet Potato Waffle Fries	Mango Chicken with Brown Rice Buffalo Chicken Pizza Veggie Burger Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli	Classic Chili with Cheez-Its Chicken Quesadilla Mini Cheese Calzone Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Oven-Baked French Fries	Smokehouse BBQ Sub Pepperoni Pizza Stuffed Shells with Garlic Breadstick Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Baked Beans	Seafood Basket Chicken Sliders Cheese Pizza Slice Fresh Deli Subs Wrap of the Day Chef Selection Salad Fresh Cucumber, Carrot & Tomato Chocolate Chip Cookie
Week of: Aug 20, Sept 17, Oct 15, Nov 12, Dec 17	Chicken Alfredo with Garlic Breadstick Chicken Nuggets with Garlic Breadstick Bean & Cheese Enchilada Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots • Oven-Baked Tater Tots	Sichuan Chicken with Veggie Fried Rice Meat Lover's Pizza Yogurt & Cheese Plate Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Edamame Succotash	Tex Mex White Queso Nachos White Queso Nachos Burger Sliders Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	Chicken of the Day with Roll Pepperoni Pizza Mini Ravioli with Garlic Breadstick Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli	Popcorn Shrimp with Mac & Cheese Chicken Filet Sandwich Cheese Pizza Slice Fresh Deli Subs Wrap of the Day Chef Selection Salad Fresh Cucumber, Carrot & Tomato Steamed Green Beans
Week of: Aug 27 Sept 24, Oct 22, Nov 26	Italian Pasta Bake Chicken & Waffles Veggie Burger Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Oven-Baked French Fries	Teriyaki Chicken with Brown Rice Buffalo Chicken Pizza Mini Cheese Calzone Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli	Salisbury Steak with Roll Chicken Sliders Roasted Tomato Basil Soup with Grilled Cheese Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Mashed Potatoes	Chicken Drumstick with Roll Pepperoni Pizza Soft Pretzel with Cheese Dip Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Black-Eyed Peas	Filet of Fish Sandwich Hot Buffalo Chicken Wrap Cheese Pizza Slice Fresh Deli Subs Wrap of the Day Chef Selection Salad Fresh Cucumber, Carrot & Tomato Mixed Veggies

Daily Assorted Milk • Daily Fresh Fruits & Veggies
All grains offered are whole grain-rich
Locally Sourced Ingredients Offered Regularly

NOW HIRING CAFÉ WORKERS
770-497-8337
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Lunch Price
Student \$2.70 Adult: \$3.45

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