

September | 2019

College & Career Academy

BREAKFAST MENU



Eat well, learn better!

Students can choose a hot entree, fresh fruit, 100% juice, and skim or low-fat milk to start the day right!




NOW HIRING CAFÉ WORKERS
770-497-8337 ext. 215
217N@Kellyservices.com



@fcsnutrition



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 **FCS Mobile App:** view school menus, nutrient info, and make meal payments.

Visit fcsnutrition.com for more info!
This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Schools Closed</p>	<p>3</p> <p>Chicken Biscuit Doughnut Bites 100% Juice Assorted Fresh Fruit</p>	<p>4</p> <p>Chicken Biscuit French Toast Sticks 100% Juice Assorted Fresh Fruit</p>	<p>5</p> <p>Chicken Biscuit Pancake & Sausage on a Stick 100% Juice Assorted Fresh Fruit</p>	<p>6</p> <p>Chicken Biscuit Cheesy Eggs with Grits & Sausage Links 100% Juice Assorted Fresh Fruit</p>
<p>9</p> <p>Chicken Biscuit Breakfast Taquito 100% Juice Assorted Fresh Fruit</p>	<p>10</p> <p>Chicken Biscuit Doughnut Bites 100% Juice Assorted Fresh Fruit</p>	<p>11</p> <p>Chicken Biscuit French Toast Sticks 100% Juice Assorted Fresh Fruit</p>	<p>12</p> <p>Chicken Biscuit Pancake & Sausage on a Stick 100% Juice Assorted Fresh Fruit</p>	<p>13</p> <p>Chicken Biscuit Cheesy Eggs with Grits & Sausage Links 100% Juice Assorted Fresh Fruit</p>
<p>16</p> <p>Chicken Biscuit Breakfast Taquito 100% Juice Assorted Fresh Fruit</p>	<p>17</p> <p>Chicken Biscuit Doughnut Bites 100% Juice Assorted Fresh Fruit</p>	<p>18</p> <p>Chicken Biscuit French Toast Sticks 100% Juice Assorted Fresh Fruit</p>	<p>19</p> <p>Chicken Biscuit Pancake & Sausage on a Stick 100% Juice Assorted Fresh Fruit</p>	<p>20</p> <p>Chicken Biscuit Cheesy Eggs with Grits & Sausage Links 100% Juice Assorted Fresh Fruit</p>
<p>23</p> <p>Chicken Biscuit Breakfast Taquito 100% Juice Assorted Fresh Fruit</p>	<p>24</p> <p>Chicken Biscuit Doughnut Bites 100% Juice Assorted Fresh Fruit</p>	<p>25</p> <p>Chicken Biscuit French Toast Sticks 100% Juice Assorted Fresh Fruit</p>	<p>26</p> <p>Chicken Biscuit Pancake & Sausage on a Stick 100% Juice Assorted Fresh Fruit</p>	<p>27</p> <p>Chicken Biscuit Cheesy Eggs with Grits & Sausage Links 100% Juice Assorted Fresh Fruit</p>
<p>30</p> <p>Chicken Biscuit Breakfast Taquito 100% Juice Assorted Fresh Fruit</p>				

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

Breakfast Price
Student \$0.00
Adult: \$1.60

Menu Subject to Change Based on Product Availability.

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LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day</p> <p>Schools Closed</p>	<p>3</p> <p>Chicken Parmesan Bacon Cheeseburger Fresh Deli Sub Bean Salad</p>	<p>4</p> <p>Salisbury Steak with Roll Pizza Fresh Deli Sub Carrots & Cucumber</p>	<p>5</p> <p>Chicken of the Day with Roll Veggie Burger Fresh Deli Sub Corn Salsa</p>	<p>6</p> <p>Hot Dog Pizza Fresh Deli Sub Carrots & Cucumber</p>
<p>9</p> <p>Chicken Nuggets with Roll Pizza Fresh Deli Sub Carrots & Cucumber</p>	<p>10</p> <p>Veggie Lasagna with Garlic Breadstick Philly Cheesesteak Fresh Deli Sub Bean Salad</p>	<p>11</p> <p>General Tso's Chicken with Brown Rice Pizza Fresh Deli Sub Carrots & Cucumber</p>	<p>12</p> <p>Southern Breaded Chicken with Roll Grilled Chicken Sandwich Fresh Deli Sub Corn Salsa</p>	<p>13</p> <p>Spicy Chicken Sandwich Pizza Fresh Deli Sub Carrots & Cucumber</p>
<p>16</p> <p>Southern Style Chicken Bites with Roll Pizza Fresh Deli Sub Carrots & Cucumber</p>	<p>17</p> <p>Meatball Spaghetti Bowl Veggie Burger Fresh Deli Sub Bean Salad</p>	<p>18</p> <p>Teriyaki Chicken with Brown Rice Pizza Fresh Deli Sub Carrots & Cucumber</p>	<p>19</p> <p>BBQ Pulled Pork Sandwich Cheeseburger Fresh Deli Sub Corn Salsa</p>	<p>20</p> <p>Hot Dog Pizza Fresh Deli Sub Carrots & Cucumber</p>
<p>23</p> <p>Chicken & Waffles Pizza Fresh Deli Sub Carrots & Cucumber</p>	<p>24</p> <p>Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Croissant Fresh Deli Sub Bean Salad</p>	<p>25</p> <p>General Tso's Chicken with Brown Rice Pizza Fresh Deli Sub Carrots & Cucumber</p>	<p>26</p> <p>Southern Breaded Chicken with Roll Grilled Chicken Club Sandwich Fresh Deli Sub Corn Salsa</p>	<p>27</p> <p>Spicy Chicken Sandwich Pizza Fresh Deli Sub Carrots & Cucumber</p>
<p>30</p> <p>Nashville Hot Chicken with Texas Toast Pizza Fresh Deli Sub Carrots & Cucumber</p>				

Daily assorted milk • Daily fresh fruits & veggies
 Signature side salad
 All grains offered are whole grain-rich
Locally Sourced Ingredients Offered Regularly

Lunch Price
 Student \$0.00
 Adult: \$3.45

*Celebrate with
the Café*

Hard Core Apple Day 9/13

This month, crunch into
locally grown apples!



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