September 2019





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

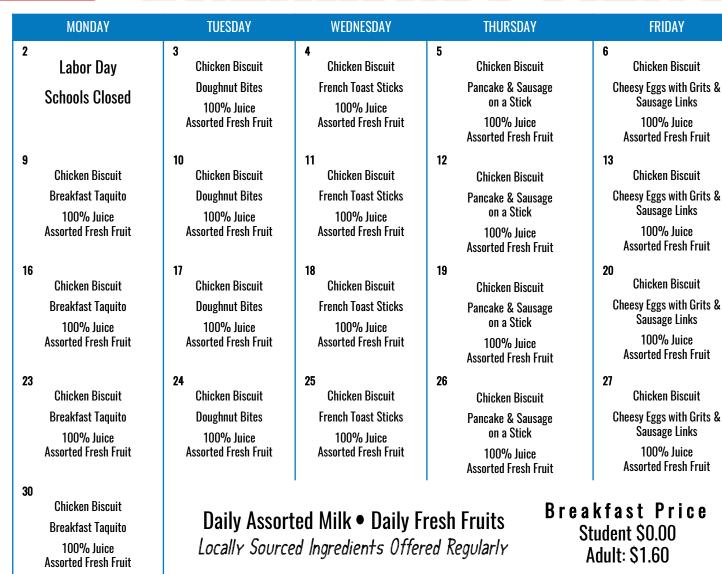


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FCS Mobile App: view school menus, nutrient info. and make meal payments.

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



Menu Subject to Change Based on Product Availability.

September 2019

College & Career Academy



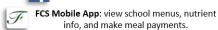
Hard Core Apple Day 9/13

This month, crunch into locally grown apples!



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MONDAY	
2 Labor Day	3 (B
Schools Closed	
9 Chicken Nuggets with Roll Pizza Fresh Deli Sub Carrots & Cucumber	10 wi
16 Southern Style Chicken Bites with Roll Pizza Fresh Deli Sub Carrots & Cucumber	17 Mea
23 Chicken & Waffles Pizza Fresh Deli Sub Carrots & Cucumber	24 wi
30	

Nashville Hot Chicken with

Texas Toast

Pizza

Fresh Deli Sub

Carrots & Cucumber

TUESDAY	WEDNESDAY	THURSDAY
3 Chicken Parmesan Bacon Cheeseburger Fresh Deli Sub Bean Salad	4 Salisbury Steak with Roll Pizza Fresh Deli Sub Carrots & Cucumber	5 Chicken of the Day with Veggie Burger Fresh Deli Sub Corn Salsa
10 Veggie Lasagna with Garlic Breadstick Philly Cheesesteak Fresh Deli Sub Bean Salad	11 General Tso's Chicken with Brown Rice Pizza Fresh Deli Sub Carrots & Cucumber	12 Southern Breaded Chic with Roll Grilled Chicken Sandw Fresh Deli Sub Corn Salsa
17 Meatball Spaghetti Bowl Veggie Burger Fresh Deli Sub Bean Salad	18 Teriyaki Chicken with Brown Rice Pizza Fresh Deli Sub Carrots & Cucumber	19 BBQ Pulled Pork Sandw Cheeseburger Fresh Deli Sub Corn Salsa
24 Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Croissant Fresh Deli Sub Bean Salad	25 General Tso's Chicken with Brown Rice Pizza Fresh Deli Sub Carrots & Cucumber	26 Southern Breaded Chic with Roll Grilled Chicken Club Sandwich Fresh Deli Sub Corn Salsa

6 Hot Dog h Roll Pizza Fresh Deli Sub Carrots & Cucumber Spicy Chicken Sandwich cken Pizza vich Fresh Deli Sub Carrots & Cucumber 20 Hot Dog wich Pizza Fresh Deli Sub Carrots & Cucumber Spicy Chicken Sandwich cken Pizza Fresh Deli Sub Carrots & Cucumber Daily assorted milk • Daily fresh fruits & veggies Lunch Price

Student \$0.00

Adult: \$3.45

FRIDAY

Locally Sourced Ingredients Offered Regularly

Signature side salad

All grains offered are whole grain-rich

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