

November | 2022

# College & Career Academy BREAKFAST MENU

Menu Subject to Change Based on Product Availability.



Kids who eat well,  
learn better!

Students can choose  
from hot & cold  
entrees, fresh fruit,  
100% juice, and skim  
or low-fat milk to  
start the day right!



FULTON COUNTY SCHOOLS

**SCHOOL NUTRITION**

*Tasty Eats*

WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Biscuit Assorted Cereals (V) 100% Fruit Juice Assorted Fresh Fruit	2 Steak Biscuit French Toast Sticks (V) 100% Fruit Juice Assorted Fresh Fruit	3 Sausage, Egg & Cheese Croissant Smoothie with Scone (V) 100% Fruit Juice Assorted Fresh Fruit	4 Chicken Biscuit Assorted Cereals (V) 100% Fruit Juice Assorted Fresh Fruit
7 Steak Biscuit Doughnut Bites (V) 100% Fruit Juice Assorted Fresh Fruit	8 <b>Election Day Remote Learning Day</b>	9 Steak Biscuit French Toast Sticks (V) 100% Fruit Juice Assorted Fresh Fruit	10 Sausage, Egg & Cheese Croissant Smoothie with Scone (V) 100% Fruit Juice Assorted Fresh Fruit	11 Chicken Biscuit Assorted Cereals (V) 100% Fruit Juice Assorted Fresh Fruit
14 Steak Biscuit Doughnut Bites (V) 100% Fruit Juice Assorted Fresh Fruit	15 Chicken Biscuit Assorted Cereals (V) 100% Fruit Juice Assorted Fresh Fruit	16 Steak Biscuit French Toast Sticks (V) 100% Fruit Juice Assorted Fresh Fruit	17 Sausage, Egg & Cheese Croissant Smoothie with Scone (V) 100% Fruit Juice Assorted Fresh Fruit	18 Chicken Biscuit Assorted Cereals (V) 100% Fruit Juice Assorted Fresh Fruit
21 <b>Thanksgiving Holiday Schools Closed</b>	22 <b>Thanksgiving Holiday Schools Closed</b>	23 <b>Thanksgiving Holiday Schools Closed</b>	24 <b>Thanksgiving Holiday Schools Closed</b>	25 <b>Thanksgiving Holiday Schools Closed</b>
28 Steak Biscuit Doughnut Bites (V) 100% Fruit Juice Assorted Fresh Fruit	29 Chicken Biscuit Assorted Cereals (V) 100% Fruit Juice Assorted Fresh Fruit	30 Steak Biscuit French Toast Sticks (V) 100% Fruit Juice Assorted Fresh Fruit		

daily assorted choice of milk • daily fresh fruits • 100% fruit juice

locally sourced ingredients offered regularly

**daily vegetarian option (V)**

**Breakfast Price**

Student: \$0.00

Adult: \$2.00

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## LUNCH MENU

Menu Subject to Change Based on Product Availability.

Did You Know:

### Nutritious School Meals Help Kids Learn!

- ✓ Improves test scores
- ✓ Helps with comprehension & memory
- ✓ Increased attendance
- ✓ Improves diet health
- ✓ Reduces visits to the school nurse



FULTON COUNTY SCHOOLS  
SCHOOL NUTRITION  
*Tasty Eats*  
WHERE STUDENTS COME FIRST



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lunch Price</b> Student: \$0.00 Adult: \$4.00</p>	<p>1 Veggie Lasagna with Breadstick Philly Cheesesteak Fresh Deli Sub Corn &amp; Bean Salsa</p>	<p>2 General Tso's Chicken with Brown Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots &amp; Cucumbers</p>	<p>3 Crispy Chicken Thigh with Roll Beef Hot Dog Fresh Deli Sub Corn &amp; Bean Salsa Chocolate Chip Cookie</p>	<p>4 Classic Pizza Slice: Cheese or Pepperoni Spicy Chicken Sandwich Fresh Deli Sub Carrots &amp; Cucumbers</p>
<p>7 Southern Style Chicken Bites with Roll Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots &amp; Cucumbers</p>	<p>8 <b>Election Day Remote Learning Day</b></p>	<p>9 General Tso's Chicken with Brown Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots &amp; Cucumbers</p>	<p>10 Crispy Chicken Thigh with Roll Cheeseburger Fresh Deli Sub Corn &amp; Bean Salsa Chocolate Chip Cookie</p>	<p>11 Classic Pizza Slice: Cheese or Pepperoni Spicy Chicken Sandwich Fresh Deli Sub Carrots &amp; Cucumbers</p>
<p>14 Tangerine Chicken with Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots &amp; Cucumbers</p>	<p>15 Alfredo Pasta with Cheese Stuffed Breadstick Beef Hot Dog Fresh Deli Sub Corn &amp; Bean Salsa</p>	<p>16 Chicken Filet Sandwich Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots &amp; Cucumbers</p>	<p>17 Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Corn &amp; Bean Salsa Chocolate Chip Cookie</p>	<p>18 Classic Pizza Slice: Cheese or Pepperoni Spicy Chicken Sandwich Fresh Deli Sub Carrots &amp; Cucumbers</p>
<p>21 <b>Thanksgiving Holiday Schools Closed</b></p>	<p>22 <b>Thanksgiving Holiday Schools Closed</b></p>	<p>23 <b>Thanksgiving Holiday Schools Closed</b></p>	<p>24 <b>Thanksgiving Holiday Schools Closed</b></p>	<p>25 <b>Thanksgiving Holiday Schools Closed</b></p>
<p>28 Chicken &amp; Waffles Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Baby Carrots</p>	<p>29 Chicken Parmesan with Breadstick Bacon Cheeseburger Fresh Deli Sub Corn &amp; Bean Salsa</p>	<p>30 General Tso's Chicken with Brown Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots &amp; Cucumbers</p>	<p><b>Daily offerings:</b> Assorted milk • Assorted fresh fruits &amp; veggies <i>locally sourced ingredients offered regularly</i></p>	