

September | 2019

Elementary School

BREAKFAST IN THE CLASSROOM MENU

FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Eats
WHERE STUDENTS COME FIRST



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!



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



@fcsnutrition

facebook.com/fcsnutrition



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</p> <p>Schools Closed</p>	<p>3</p> <p>Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>4</p> <p>Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>5</p> <p>French Toast Sticks Yogurt & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit</p>	<p>6</p> <p>Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>9</p> <p>Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>10</p> <p>Mini Pancakes Blueberry Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>11</p> <p>Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>12</p> <p>French Toast Sticks Yogurt & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit</p>	<p>13</p> <p>Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>16</p> <p>Breakfast Taquito Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>17</p> <p>Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>18</p> <p>Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>19</p> <p>French Toast Sticks Yogurt & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit</p>	<p>20</p> <p>Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>23</p> <p>Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>24</p> <p>Mini Pancakes Blueberry Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>25</p> <p>Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>26</p> <p>French Toast Sticks Yogurt & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit</p>	<p>27</p> <p>Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>30</p> <p>Breakfast Taquito Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>				

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 \$1.10
Reduced: \$0.30
Adult: \$1.60

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FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Ents
WHERE STUDENTS COME FIRST

LUNCH MENU

*Celebrate with
the Café*

Hard Core Apple Day 9/13
Breakfast for Lunch 9/19
World School Milk Day 9/25
Hispanic Heritage Month

This month, crunch into
locally grown apples!



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Labor Day Schools Closed</p> <p>9 Veggie Lasagna with Garlic Breadstick Chicken Nuggets with Garlic Breadstick Turkey & Cheese Wrap Baby Carrots Tater Tots</p> <p>16 Italian Pasta Bake Chicken Taquito Cheese Pizza Pack Baby Carrots Green Peas</p> <p>23 Chicken Alfredo with Garlic Breadstick MorningStar Chik'n Nuggets with Garlic Breadstick Cheese Pizza Pack Baby Carrots Sweet Potato Waffle Fries</p> <p>30 Meatloaf with Roll Popcorn Chicken with Roll Cheese Pizza Pack Baby Carrots Mashed Potatoes</p>	<p>3 General Tso's Chicken with Brown Rice Turkey & Cheese Croissant Yogurt & Cheese Pack Signature Side Salad Steamed Broccoli</p> <p>10 Teriyaki Chicken with Brown Rice Burger Cheese Pizza Pack Signature Side Salad Peas & Carrots</p> <p>17 Tangerine Chicken with Brown Rice Mini Burgers Jamwich Pack Signature Side Salad Steamed Broccoli</p> <p>24 Spicy Sichuan Chicken with Veggie Fried Rice Chicken Soft Tacos Hummus Bento Box Signature Side Salad Edamame Succotash</p>	<p>4 Tomato Basil Soup with Grilled Cheese Mini Burgers Grilled Chicken Chef Salad Baby Carrots French Fries</p> <p>11 Tex Mex Nachos Cheese Nachos Mini Hotdogs Black Bean Taco Salad Baby Carrots Black Beans</p> <p>18 Salisbury Steak with Roll Chicken Filet Sandwich Hummus Bento Box Baby Carrots Mashed Potatoes</p> <p>25 Grande Nachos Cheese Nachos Mini Corndogs Turkey & Cheese Wrap Baby Carrots Black Beans</p>	<p>5 Chicken of the Day with Roll Mozzarella Cheese Sticks Turkey & Cheese Lunch Box Buddy Signature Side Salad Baked Beans</p> <p>12 Southern Breaded Chicken with Roll Mini Cheese Calzone Yogurt & Cheese Pack Signature Side Salad Steamed Corn</p> <p>19 Breakfast for Lunch: Waffles & Sausage Links Cheese Stuffed Breadstick Turkey Chef Salad Signature Side Salad Tater Tots Chocolate Chip Cookie</p> <p>26 Pancake & Sausage Griddle Pretzel Bites with Cheese Dip Yogurt & Cheese Pack Signature Side Salad Tater Tots</p>	<p>6 Filet of Fish Sandwich Meat Lover's Pizza Cheese Pizza Carrot, Cucumber & Cherry Tomato NEW Buffalo Cauliflower</p> <p>13 Cheese Pizza Popcorn Shrimp with Mac & Cheese Mac & Cheese Jamwich Pack Carrot, Cucumber & Cherry Tomato Steamed Broccoli</p> <p>20 Cheese Pizza Meat Lover's Pizza Seafood Basket Turkey & Cheese Lunchbox Buddy Carrot, Cucumber & Cherry Tomato Baked Beans</p> <p>27 Cheese Pizza Popcorn Shrimp with Mac & Cheese Mac & Cheese Jamwich Pack Carrot, Cucumber & Cherry Tomato Steamed Broccoli</p>

Daily assorted milk • Daily fresh fruits & veggies

All grains offered are whole grain-rich

Locally Sourced Ingredients Offered Regularly

Daily Vegetarian Option

Menu Subject to Change Based on Product Availability.

Lunch Price

Student \$2.45

Reduced: \$0.40

Adult: \$3.45