## Elementary School

### September 2019

#### BREAKFAST IN THE CLASSROOM MENU



#### 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!

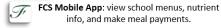


NOW HIRING CAFÉ WORKERS 770-497-8337 ext. 215 217N@Kellyservices.com









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

MONDAY
2 Labor Day
Schools Closed  9 Sausage Biscuit Assorted Cereals
100% Fruit Juice Assorted Fresh Fruit
Breakfast Taquito Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
23 Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit

**Breakfast Taquito** 

**Assorted Cereals** 

100% Fruit Juice

Assorted Fresh Fruit

**THURSDAY TUESDAY** WEDNESDAY **FRIDAY** Pancake & Sausage Pancakes & Sausage French Toast Sticks Chicken Biscuit on a Stick **Assorted Cereals** Yogurt & Cinnamon Toast **Assorted Cereals** Banana Muffin & Yogurt Crunch Cereal Bar 100% Fruit Juice 100% Fruit Juice 100% Fruit Juice **Assorted Fresh Fruit** 100% Fruit Juice **Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit** 12 13 10 11 Mini Pancakes Waffles & Sausage Links French Toast Sticks Chicken Biscuit Blueberry Muffin & Yogurt Yogurt & Golden Graham **Assorted Cereals** Assorted Cereals Cereal Bar 100% Fruit Juice 100% Fruit Juice 100% Fruit Juice **Assorted Fresh Fruit** Assorted Fresh Fruit 100% Fruit Juice **Assorted Fresh Fruit Assorted Fresh Fruit** 17 19 18 20 Pancake & Sausage Pancakes & Sausage French Toast Sticks Chicken Biscuit on a Stick **Assorted Cereals Yogurt & Cinnamon Toast Assorted Cereals** Banana Muffin & Yogurt Crunch Cereal Bar 100% Fruit Juice 100% Fruit Juice 100% Fruit Juice 100% Fruit Juice Assorted Fresh Fruit **Assorted Fresh Fruit** Assorted Fresh Fruit **Assorted Fresh Fruit** 27 24 25 26 Waffles & Sausage Links Mini Pancakes French Toast Sticks Chicken Biscuit Blueberry Muffin & Yogurt Yogurt & Golden Graham **Assorted Cereals Assorted Cereals** Cereal Bar 100% Fruit Juice 100% Fruit Juice 100% Fruit Juice 100% Fruit Juice Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **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 \$1.10 Reduced: \$0.30

Adult: \$1.60

# Elementary School

### SCHOOL NUTRITION

### September 2019

### LUNCH-MENU



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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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. Labor Day

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**MONDAY** 

**Schools Closed** 

Veggie Lasagna with Garlic Breadstick Chicken Nuggets with Garlic Breadstick Turkey & Cheese Wrap Baby Carrots Tater Tots

> Italian Pasta Bake Chicken Taquito Cheese Pizza Pack Baby Carrots Green Peas

Chicken Alfredo with
Garlic Breadstick
MorningStar Chik'n Nuggets
with Garlic Breadstick
Cheese Pizza Pack
Baby Carrots

30
Meatloaf with Roll
Popcorn Chicken with Roll
Cheese Pizza Pack
Baby Carrots
Mashed Potatoes

Sweet Potato Waffle Fries

3
General Tso's Chicken with
Brown Rice
Turkey & Cheese Croissant
Yogurt & Cheese Pack
Signature Side Salad
Steamed Broccoli

**TUESDAY** 

Teriyaki Chicken with
Brown Rice
Burger
Cheese Pizza Pack
Signature Side Salad
Peas & Carrots

17
Tangerine Chicken with
Brown Rice
Mini Burgers
Jamwich Pack
Signature Side Salad
Steamed Broccoli

4
Spicy Sichuan Chicken with
Veggie Fried Rice
Chicken Soft Tacos
Hummus Bento Box
Signature Side Salad
Edamame Succotash

Tomato Basil Soup with Grilled Cheese Mini Burgers Grilled Chicken Chef Salad Baby Carrots French Fries

WEDNESDAY

Tex Mex Nachos Cheese Nachos Mini Hotdogs Black Bean Taco Salad Baby Carrots Black Beans

11

18
Salisbury Steak with Roll
Chicken Filet Sandwich
Hummus Bento Box
Baby Carrots
Mashed Potatoes

Grande Nachos
Cheese Nachos
Mini Corndogs
Turkey & Cheese Wrap
Baby Carrots
Black Beans

5 Chicken of the Day with Roll Mozzarella Cheese Sticks Turkey & Cheese Lunch Box Buddy Signature Side Salad Baked Beans

**THURSDAY** 

Southern Breaded Chicken with Roll Mini Cheese Calzone Yogurt & Cheese Pack Signature Side Salad Steamed Corn

Breakfast for Lunch:
Waffles & Sausage Links
Cheese Stuffed Breadstick
Turkey Chef Salad
Signature Side Salad
Tater Tots
Chocolate Chip Cookie

26
Pancake & Sausage Griddle
Pretzel Bites with Cheese Dip
Yogurt & Cheese Pack
Signature Side Salad
Tater Tots

Filet of Fish Sandwich
Meat Lover's Pizza
Cheese Pizza
Carrot, Cucumber & Cherry Tomato

BUT Buffalo Cauliflower

**FRIDAY** 



Cheese Pizza
Popcorn Shrimp with
Mac & Cheese
Mac & Cheese
Jamwich Pack

Carrot, Cucumber & Cherry Tomato Steamed Broccoli

20

Cheese Pizza
Meat Lover's Pizza
Seafood Basket
Turkey & Cheese Lunchbox Buddy
Carrot, Cucumber & Cherry Tomato
Baked Beans

27

Cheese Pizza
Popcorn Shrimp with
Mac & Cheese
Mac & Cheese
Jamwich Pack
Carrot, Cucumber & Cherry Tomato

Steamed Broccoli

Student \$2.45 Reduced: \$0.40 Adult: \$3.45

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.