

November | 2019

Elementary School



BREAKFAST 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



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
4 Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	5 Schools Closed Teacher Workday	6 Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	7 French Toast Sticks Yogurt Parfait & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	1 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
11 Breakfast Taquito Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	12 Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	13 Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	14 French Toast Sticks Smoothie & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	8 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
18 Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	19 Mini Pancakes Blueberry Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	20 Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	21 French Toast Sticks Yogurt Parfait & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	15 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
25 Schools Closed	26 Schools Closed	27 Schools Closed	28 Schools Closed	22 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	29 Schools Closed Thanksgiving Break

Menu Subject to Change Based on Product Availability.

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

Breakfast Price
Student \$1.10
Reduced: \$0.30
Adult: \$1.60

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LUNCH MENU

Celebrate with
the Café

Harvest of the Month:
Sweet Potatoes!



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Veggie Lasagna with Garlic Breadstick Chicken Nuggets with Garlic Breadstick Turkey & Cheese Wrap Baby Carrots Tater Tots	5 Schools Closed Teacher Workday	6 Tex Mex Nachos Cheese Nachos Mini Hotdogs Black Bean Taco Salad Baby Carrots Black Beans	7 Southern Breaded Chicken with Roll Mini Cheese Calzone Yogurt & Cheese Pack Signature Side Salad  Roasted Sweet Potatoes	1 Filet of Fish Sandwich Meat Lover's Pizza Cheese Pizza Jamwich Pack Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower
11 Italian Pasta Bake Chicken Taquito Cheese Pizza Pack Baby Carrots Green Peas	12 Tangerine Chicken with Brown Rice Mini Burgers Jamwich Pack Signature Side Salad Steamed Broccoli	13 Salisbury Steak with Roll Chicken Filet Sandwich Hummus Bento Box Baby Carrots Mashed Potatoes	14 BBQ Pulled Pork with Texas Toast Cheese Stuffed Breadstick Turkey Chef Salad Signature Side Salad Baked Beans Chocolate Chip Cookie	8 Cheese Pizza Popcorn Shrimp with Mac & Cheese Mac & Cheese Jamwich Pack Carrot, Cucumber & Cherry Tomato Steamed Broccoli
18 Chicken Alfredo with Garlic Breadstick MorningStar Chik'n Nuggets with Garlic Breadstick Cheese Pizza Pack Baby Carrots Sweet Potato Waffle Fries	19 Spicy Sichuan Chicken with Veggie Fried Rice Chicken Soft Tacos Hummus Bento Box Signature Side Salad Edamame Succotash	20 Grande Nachos Cheese Nachos Mini Corndogs Turkey & Cheese Wrap Baby Carrots Black Beans	21 Pancake & Sausage Griddle Pretzel Bites with Cheese Dip Yogurt & Cheese Pack Signature Side Salad Tater Tots	15 Cheese Pizza Meat Lover's Pizza Seafood Basket Turkey & Cheese Lunchbox Buddy Carrot, Cucumber & Cherry Tomato Green Beans
25 Schools Closed Thanksgiving Break	26 Schools Closed Thanksgiving Break	27 Schools Closed Thanksgiving Break	28 Schools Closed Thanksgiving Break	22 Cheese Pizza Popcorn Shrimp with Mac & Cheese Mac & Cheese Jamwich Pack Carrot, Cucumber & Cherry Tomato Steamed Broccoli
				29 Schools Closed Thanksgiving Break

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