

October | 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



f [facebook.com/fcsnutrition](https://www.facebook.com/fcsnutrition)

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

Visit [fcsnutrition.com](https://www.fcsnutrition.com) for more info!

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Breakfast Taquito Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	1 Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	2 Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	3 French Toast Sticks Smoothie & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	4 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
7 Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	8 Mini Pancakes Blueberry Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	9 Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	10 French Toast Sticks Yogurt Parfait & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	11 Schools Closed Teacher Workday
14 Schools Closed Columbus Day	15 Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	16 Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	17 French Toast Sticks Smoothie & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	18 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
21 Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	22 Mini Pancakes Blueberry Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	23 Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	24 French Toast Sticks Yogurt Parfait & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	25 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
28 Breakfast Taquito Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	29 Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	30 Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	31 French Toast Sticks Smoothie & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	

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

October | 2019

Elementary School

LUNCH MENU

Celebrate with
the Café

Oh My Squash!



It's National Farm
to School Month!

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



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>30</p> <p>Meatloaf with Roll Popcorn Chicken with Roll Cheese Pizza Pack Baby Carrots Mashed Potatoes</p>	<p>1</p> <p>General Tso's Chicken with Brown Rice Turkey & Cheese Croissant Yogurt & Cheese Pack Signature Side Salad Steamed Broccoli</p>	<p>2</p> <p>Tomato Basil Soup with Grilled Cheese Mini Burgers Grilled Chicken Chef Salad Baby Carrots French Fries</p>	<p>3</p> <p>Chicken of the Day with Roll Mozzarella Cheese Sticks Turkey & Cheese Lunch Box Buddy Signature Side Salad Baked Beans</p>	<p>4</p> <p>Filet of Fish Sandwich Meat Lover's Pizza Cheese Pizza Jamwich Pack Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower</p>
<p>7</p> <p>Veggie Lasagna with Garlic Breadstick Chicken Nuggets with Garlic Breadstick Turkey & Cheese Wrap Baby Carrots Tater Tots</p>	<p>8</p> <p>Teriyaki Chicken with Brown Rice Burger Cheese Pizza Pack Signature Side Salad Peas & Carrots</p>	<p>9</p> <p>Tex Mex Nachos Cheese Nachos Mini Hotdogs Black Bean Taco Salad Baby Carrots Black Beans</p>	<p>10</p> <p>Southern Breaded Chicken with Roll Mini Cheese Calzone Yogurt & Cheese Pack Signature Side Salad Steamed Corn</p>	<p>11</p> <p>Schools Closed Teacher Workday</p>
<p>14</p> <p>Schools Closed Columbus Day</p>	<p>15</p> <p>National School Lunch Week Tangerine Chicken with Brown Rice Mini Burgers Jamwich Pack Signature Side Salad Try It Tuesday: Farm Fresh Zucchini</p>	<p>16</p> <p>National School Lunch Week Limited Time Only: Walking Nachos Chicken Filet Sandwich Hummus Bento Box Baby Carrots Black Beans</p>	<p>17</p> <p>National School Lunch Week BBQ Pulled Pork with Texas Toast Cheese Stuffed Breadstick Turkey Chef Salad Signature Side Salad Baked Beans Limited Time Only: Potato Smiley Chocolate Chip Cookie</p>	<p>18</p> <p>National School Lunch Week Cheese Pizza Meat Lover's Pizza Seafood Basket Turkey & Cheese Lunchbox Buddy Carrot, Cucumber & Cherry Tomato Steamed Broccoli Limited Time Only: Lemon Blast Raisins</p>
<p>21</p> <p>Chicken Alfredo with Garlic Breadstick MorningStar Chik'n Nuggets with Garlic Breadstick Cheese Pizza Pack Baby Carrots Sweet Potato Waffle Fries</p>	<p>22</p> <p>Spicy Sichuan Chicken with Veggie Fried Rice Chicken Soft Tacos Hummus Bento Box Signature Side Salad Edamame Succotash</p>	<p>23</p> <p>Grande Nachos Cheese Nachos Mini Corndogs Turkey & Cheese Wrap Baby Carrots Black Beans</p>	<p>24</p> <p>Pancake & Sausage Griddle Pretzel Bites with Cheese Dip Yogurt & Cheese Pack Signature Side Salad Tater Tots</p>	<p>25</p> <p>Cheese Pizza Popcorn Shrimp with Mac & Cheese Mac & Cheese Jamwich Pack Carrot, Cucumber & Cherry Tomato Steamed Broccoli</p>
<p>28</p> <p>Meatloaf with Roll Popcorn Chicken with Roll Cheese Pizza Pack Baby Carrots Mashed Potatoes</p>	<p>29</p> <p>General Tso's Chicken with Brown Rice Turkey & Cheese Croissant Yogurt & Cheese Pack Signature Side Salad Steamed Broccoli</p>	<p>30</p> <p>Tomato Basil Soup with Grilled Cheese Mini Burgers Grilled Chicken Chef Salad Baby Carrots French Fries</p>	<p>31</p> <p>Chicken of the Day with Roll Mozzarella Cheese Sticks Turkey & Cheese Lunch Box Buddy Signature Side Salad Baked Beans</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