

February | 2020

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



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
3 Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	4 Sausage Biscuit Blueberry Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	5 Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	6 French Toast Sticks Yogurt & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	7 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
10 Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	11 Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	12 Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	13 French Toast Sticks Yogurt & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	14 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
17 Schools Closed Presidents' Day	18 Sausage Biscuit Blueberry Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	19 Waffles & Sausage Links Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	20 French Toast Sticks Yogurt & Golden Graham Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	21 Chicken Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
24 Sausage Biscuit Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	25 Pancake & Sausage on a Stick Banana Muffin & Yogurt 100% Fruit Juice Assorted Fresh Fruit	26 Pancakes & Sausage Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	27 French Toast Sticks Yogurt & Cinnamon Toast Crunch Cereal Bar 100% Fruit Juice Assorted Fresh Fruit	28 Chicken Biscuit Assorted Cereals 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

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LUNCH MENU

Celebrate with
 the Café

Harvest of the Month:
Strawberries!



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Alfredo with Garlic Breadstick MorningStar Chik'n Nuggets with Garlic Breadstick Cheese Pizza Pack Baby Carrots Sweet Potato Waffle Fries	4 Spicy Sichuan Chicken with Veggie Fried Rice Chicken Soft Tacos Hummus Bento Box Signature Side Salad Edamame Succotash	5 Grande Nachos Cheese Nachos Mini Corndogs Deli Chicken & Cheese Wrap Baby Carrots Black Beans	6 Pancake & Sausage Griddle Pretzel Bites with Cheese Dip Yogurt & Cheese Pack Signature Side Salad Tater Tots	7 Cheese Pizza Popcorn Shrimp with Mac & Cheese Mac & Cheese Jamwich Pack Carrot, Cucumber & Cherry Tomato Steamed Broccoli
10 Meatloaf with Roll Popcorn Chicken with Roll Cheese Pizza Pack Baby Carrots Mashed Potatoes	11 General Tso's Chicken With Brown Rice Cheese Quesadilla Deli Chicken Lunchbox Buddy Signature Side Salad Steamed Broccoli	12 Tomato Basil Soup with Grilled Cheese Mini Burgers Grilled Chicken Chef Salad Baby Carrots Potato Smiley	13 Chicken of the Day with Roll Mozzarella Cheese Sticks Yogurt & Cheese Pack Signature Side Salad Baked Beans	14 Filet of Fish Sandwich Meat Lover's Pizza Cheese Pizza Jamwich Pack Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower
17 Schools Closed Presidents' Day	18 Teriyaki Chicken with Brown Rice Burger Cheese Pizza Pack Signature Side Salad Peas & Carrots	19 Tex Mex Nachos Cheese Nachos Mini Hotdogs Black Bean Taco Salad Baby Carrots Black Beans	20 Southern Breaded Chicken with Roll Mini Cheese Calzone Yogurt & Cheese Pack Signature Side Salad Steamed Corn	21 Cheese Pizza Popcorn Shrimp with Mac & Cheese Mac & Cheese Jamwich Pack Carrot, Cucumber & Cherry Tomato Steamed Broccoli
24 Italian Pasta Bake Chicken Taquito Cheese Pizza Pack Baby Carrots Green Peas	25 Tangerine Chicken with Brown Rice Mini Burgers Jamwich Pack Signature Side Salad Steamed Broccoli	26 Salisbury Steak with Roll Chicken Filet Sandwich Hummus Bento Box Baby Carrots Mashed Potatoes	27 Chili with Cheez-Its Cheese Stuffed Breadstick Grilled Chicken Chef Salad Signature Side Salad Baked Beans Chocolate Chip Cookie	28 Seafood Basket Cheese Pizza Meat Lover's Pizza Deli Chicken Lunchbox Buddy Carrot, Cucumber & Cherry Tomato Green Beans

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