

# August | 2021

# High School BREAKFAST MENU

Menu Subject to Change Based on Product Availability.



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!



FULTON COUNTY SCHOOLS  
**SCHOOL NUTRITION**  
*Tasty Eats*  
WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9</b> Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	<b>10</b> Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit	<b>11</b> Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	<b>12</b> Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	<b>13</b> Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
<b>16</b> Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	<b>17</b> Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit	<b>18</b> Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	<b>19</b> Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	<b>20</b> Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
<b>23</b> Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	<b>24</b> Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit	<b>25</b> Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	<b>26</b> Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	<b>27</b> Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
<b>30</b> Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	<b>31</b> Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit	<b>Daily Assorted Milk • Daily Fresh Fruits</b> <i>Locally Sourced Ingredients Offered Regularly</i> <b>Daily Vegetarian Option</b> <b>Breakfast Price</b> Student: FREE Adult: \$1.60		

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# High School

# LUNCH MENU

Menu Subject to Change Based on Product Availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9</b> Nashville Hot Chicken Nuggets with Breadstick Classic Pizza Slice: Cheese or Pepperoni Steakburger Tangerine Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Seasoned Curly Fries</p>	<p><b>10</b> Veggie Lasagna with Breadstick Classic Pizza Slice: Cheese or Buffalo Chicken Philly Cheesesteak Walking Nachos Fresh Deli Subs, Wraps &amp; Salads Carrot, Cucumber &amp; Cherry Tomato Black Beans</p>	<p><b>11</b> Mozzarella Cheese Sticks Classic Pizza Slice: Cheese or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Edamame Succotash</p>	<p><b>12</b> Southern Breaded Chicken with Texas Toast Classic Pizza Slice: Cheese or Meat Lover's Hot Dog Nachos Fresh Deli Subs, Wraps &amp; Salads Carrot, Cucumber &amp; Cherry Tomato Green Beans Chocolate Chip Cookie</p>	<p><b>13</b> Classic Pizza Slice: Cheese or Pepperoni Seafood Basket Spicy Chicken Sandwich Teriyaki Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Steamed Broccoli</p>
<p><b>16</b> Southern Style Chicken Bites with Roll Classic Pizza Slice: Cheese or Pepperoni Mini Burgers Sriracha Honey Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Steamed Broccoli</p>	<p><b>17</b> Chicken Alfredo with Breadstick Classic Pizza Slice: Cheese or Buffalo Chicken Black Bean Burger Walking Nachos Fresh Deli Subs, Wraps &amp; Salads Carrot, Cucumber &amp; Cherry Tomato Mixed Veggies</p>	<p><b>18</b> Chicken Taquito Classic Pizza Slice: Cheese or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Curly Fries</p>	<p><b>19</b> Chicken of the Day with Roll Classic Pizza Slice: Cheese or Meat Lover's Steakburger Nachos Fresh Deli Subs, Wraps &amp; Salads Carrot, Cucumber &amp; Cherry Tomato Baked Beans Chocolate Chip Cookie</p>	<p><b>20</b> Classic Pizza Slice: Cheese or Pepperoni Popcorn Shrimp with Mac &amp; Cheese Spicy Chicken Sandwich Spicy Sichuan Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Sweet Potato Fries</p>
<p><b>23</b> Chicken &amp; Waffle Classic Pizza Slice: Cheese or Pepperoni Steakburger Tangerine Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Tater Tots</p>	<p><b>24</b> Italian Pasta Bake Classic Pizza Slice: Cheese or Buffalo Chicken Hot Dog Walking Nachos Fresh Deli Subs, Wraps &amp; Salads Carrot, Cucumber &amp; Cherry Tomato Black Beans</p>	<p><b>25</b> Mozzarella Cheese Sticks Classic Pizza Slice: Cheese or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Edamame Succotash</p>	<p><b>26</b> Southern Breaded Chicken with Texas Toast Classic Pizza Slice: Cheese or Meat Lover's Grilled Chicken Club Nachos Fresh Deli Subs, Wraps &amp; Salads Carrot, Cucumber &amp; Cherry Tomato Steamed Broccoli Chocolate Chip Cookie</p>	<p><b>27</b> Classic Pizza Slice: Cheese or Pepperoni Seafood Basket Spicy Chicken Sandwich Teriyaki Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Buffalo Cauliflower</p>
<p><b>30</b> Chicken Tenders with Breadstick Classic Pizza Slice: Cheese or Pepperoni Mini Burgers Sriracha Chicken with Brown Rice Fresh Deli Subs, Wraps &amp; Salads Carrots &amp; Cucumbers Sweet Potato Fries</p>	<p><b>31</b> Chicken Parmesan with Breadstick Classic Pizza Slice: Cheese or Buffalo Chicken Bacon Cheeseburger Walking Nachos Fresh Deli Subs, Wraps &amp; Salads Carrot, Cucumber &amp; Cherry Tomato Steamed Broccoli</p>			

**Daily offerings:** Assorted milk • Assorted fresh fruits & veggies  
Signature side salad • Vegetarian entrees  
Locally Sourced Ingredients Offered Regularly

**Lunch Price**  
Student: FREE  
Adult: \$3.45

Did You Know:

## Nutritious School Meals Help Kids Learn!

- ✓ Improves test scores
- ✓ Helps with comprehension & memory
- ✓ Increased attendance
- ✓ Improves diet health
- ✓ Reduces visits to the school nurse



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