December 2019

High School BREAKFAST MENU





Eat well. learn better!

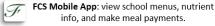
Students can choose from hot & cold entrees. fresh fruit, 100% juice, and skim or low-fat milk to start the day right!



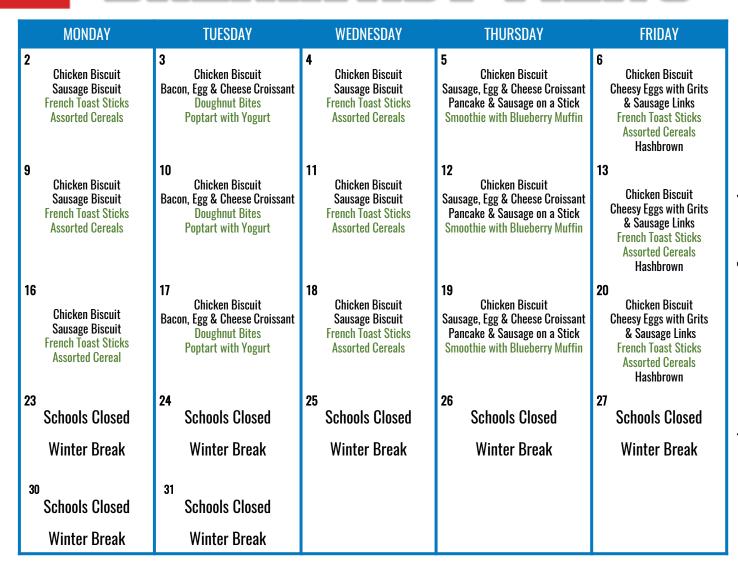
NOW HIRING CAFÉ WORKERS 770-497-8337 ext. 215 217N@Kellyservices.com







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



Daily Assorted Milk ● Daily Fresh Fruits ● 100% Juice

Locally Sourced Ingredients Offered Regularly

Daily Vegetarian Option

Breakfast Price Student \$1.25

Reduced: \$0.30 Adult: \$1.60

December 2019





FUNGH-MENU

Menu Subject to Change Based on Product Availability.

** May offer Modified Menu. Check with your school café to confirm.

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TUESDAY 6 Nashville Hot Chicken with Texas Toast Chicken Parmesan Salisbury Steak with Roll Chicken of the Day with Roll *Wings with Roll Classic Pizza Slice *Personal Pan Pizza Classic Pizza Slice *Personal Pan Pizza Classic Pizza Slice Chicken & Rice Bowl: Nachos: Tex Mex or Buffalo Chicken Chicken & Rice Bowl: Nachos: Grande or Fajita Chicken Build-a-Mac & Cheese-Bowl Tangerine or Sriracha Honey Chicken General Tso's or Teriyaki Fresh-to-Order: Fresh-to-Order: Fresh-to-Order: Subs, Wraps, & Salads Fresh-to-Order: Subs, Wraps, & Salads Fresh-to-Order: Subs, Wraps, & Salads Subs, Wraps, & Salads **Bacon Cheeseburger** Subs, Wraps, & Salads Veggie Burger Hot Dog Mini Burgers Spicy Chicken Sandwich **Hummus Plate Hummus Plate** Jamwich **Sweet Waffle Fries Baked Beans Curly Fries** Jamwich Jamwich Steamed Broccoli Fresh Cucumber, Carrot & Tomato **Mashed Potatoes** Fresh Cucumber, Carrot & Tomato Carrots & Cucumber Carrots & Cucumber Carrots & Cucumber 10 12 13 Mozzarella Cheese Sticks Chicken Nuggets with Roll Veggie Lasagna with Garlic Breadstick Southern Breaded Chicken with Roll **Breakfast for Lunch** *Personal Pan Pizza Classic Pizza Slice *Personal Pan Pizza Seafood Basket Classic Pizza Slice Chicken & Rice Bowl: Walking Nachos: Tex Mex or Pork Carnitas Chicken & Rice Bowl: Nachos: Beef or Fajita Chicken Classic Pizza Slice Tangerine or Sichuan Fresh-to-Order: General Tso's or Terivaki Fresh-to-Order: Build-a-Potato-Bowl: Subs, Wraps, & Salads Subs, Wraps, & Salads French Fries or Tater Tots Fresh-to-Order: Fresh-to-Order: Subs, Wraps, & Salads Philly Cheesesteak Subs, Wraps, & Salads Grilled Chicken & Cheese Sandwich Fresh-to-Order: Cheeseburger Hummus Plate Chicken Filet Sandwich **Hummus Plate** Subs, Wraps, & Salads **Black Beans Steamed Green Beans** Spicy Chicken Sandwich Jamwich Jamwich Fresh Cucumber, Carrot & Tomato Mixed Veggies Fresh Cucumber, Carrot & Tomato **Tater Tots** Jamwich Steamed Broccoli Carrots & Cucumber Carrots & Cucumber Carrots & Cucumber 16 ** 18 ** 20 ** 19 ** Southern Style Chicken Bites with Roll Meatball Spaghetti Bowl BBQ Pulled Pork Sandwich Loaded Burger *Wings with Roll Classic Pizza Slice *Personal Pan Pizza *Personal Pan Pizza Classic Pizza Slice Classic Pizza Slice Chicken & Rice Bowl: Nachos: Tex Mex or Steak Nachos: Beef or Fajita Chicken Build-a-Mac & Cheese-Bowl Chicken & Rice Bowl: Tangerine or Sriracha Hooney Fresh-to-Order: Fresh-to-Order: Fresh-to-Order: General Tso's or Teriyaki Subs, Wraps, & Salads Subs, Wraps, & Salads Fresh-to-Order: Subs, Wraps, & Salads Fresh-to-Order: Hot Dog Veggie Burger Cheeseburger Subs, Wraps, & Salads Subs, Wraps, & Salads Mini Burgers **Hummus Plate Hummus Plate** Jamwich Spicy Chicken Sandwich Jamwich **Edamame Succotash Baked Beans** French Fries Jamwich Fresh Cucumber, Carrot & Tomato Steamed Broccoli Fresh Cucumber, Carrot & Tomato Carrots & Cucumber **Mashed Potatoes** Carrots & Cucumber **Chocolate Chip Cookie** Carrots & Cucumber 24 Schools Closed Schools Closed Schools Closed Schools Closed Schools Closed Winter Break Winter Break Winter Break Winter Break Winter Break 30 **Schools Closed Schools Closed** Winter Break Winter Break

<u>Daily offerings</u>: Assorted milk • Assorted fresh fruits & veggies Signature side salad • Vegetarian entrees

Student tested & Chef crafted entrees!

All grains offered are whole grain-rich

Locally Sourced Ingredients Offered Regularly

Celebrate with the Caje Breakfast for Lunch 12/13



TOP YOUR TOTS WITH SCRAMBLED EGGS!



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

Visit **fcsnutrition.com** for more info!

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Lunch Price Student \$2.70 Reduced: \$0.40 Adult: \$3.45

*Premium: \$3.25