

# 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



facebook.com/fcsnutrition

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

Visit [fcsnutrition.com](http://fcsnutrition.com) for more info!  
This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	3 Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt	4 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	5 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	6 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
9 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	10 Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt	11 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	12 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	13 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
16 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereal	17 Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt	18 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	19 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	20 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
23 Schools Closed Winter Break	24 Schools Closed Winter Break	25 Schools Closed Winter Break	26 Schools Closed Winter Break	27 Schools Closed Winter Break
30 Schools Closed Winter Break	31 Schools Closed Winter Break			

Menu Subject to Change Based on Product Availability.

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

# High School LUNCH MENU

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

Menu Subject to Change Based on Product Availability.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b>                      Nashville Hot Chicken with Texas Toast                      Classic Pizza Slice  <i>Chicken &amp; Rice Bowl:</i>                      Tangerine or Sriracha Honey Chicken  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Mini Burgers                      Jamwich                      Steamed Broccoli                      Carrots &amp; Cucumber</p>	<p><b>3</b>                      Chicken Parmesan                      *Personal Pan Pizza                      Nachos: Tex Mex or Buffalo Chicken  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Bacon Cheeseburger                      Hummus Plate                      Sweet Waffle Fries                      Fresh Cucumber, Carrot &amp; Tomato</p>	<p><b>4</b>                      Salisbury Steak with Roll                      Classic Pizza Slice  <i>Chicken &amp; Rice Bowl:</i>                      General Tso's or Teriyaki  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Spicy Chicken Sandwich                      Jamwich                      Mashed Potatoes                      Carrots &amp; Cucumber</p>	<p><b>5</b>                      Chicken of the Day with Roll                      *Personal Pan Pizza                      Nachos: Grande or Fajita Chicken  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Veggie Burger                      Hummus Plate                      Baked Beans                      Fresh Cucumber, Carrot &amp; Tomato</p>	<p><b>6</b>                      *Wings with Roll                      Classic Pizza Slice  <i>Build-a-Mac &amp; Cheese-Bowl</i>  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Hot Dog                      Jamwich                      Curly Fries                      Carrots &amp; Cucumber</p>
<p><b>9</b>                      Chicken Nuggets with Roll                      Classic Pizza Slice  <i>Chicken &amp; Rice Bowl:</i>                      Tangerine or Sichuan  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Cheeseburger                      Jamwich                      Tater Tots                      Carrots &amp; Cucumber</p>	<p><b>10</b>                      Veggie Lasagna with Garlic Breadstick                      *Personal Pan Pizza                      Nachos: Tex Mex or Pork Carnitas  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Philly Cheesesteak                      Hummus Plate                      Black Beans                      Fresh Cucumber, Carrot &amp; Tomato</p>	<p><b>11</b>                      Mozzarella Cheese Sticks                      Classic Pizza Slice  <i>Chicken &amp; Rice Bowl:</i>                      General Tso's or Teriyaki  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Chicken Filet Sandwich                      Jamwich                      Mixed Veggies                      Carrots &amp; Cucumber</p>	<p><b>12</b>                      Southern Breded Chicken with Roll                      *Personal Pan Pizza                      Nachos: Beef or Fajita Chicken  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Grilled Chicken &amp; Cheese Sandwich                      Hummus Plate                      Steamed Green Beans                      Fresh Cucumber, Carrot &amp; Tomato</p>	<p><b>13</b>                      Breakfast for Lunch                      Seafood Basket                      Classic Pizza Slice  <i>Build-a-Potato-Bowl:</i>                      French Fries or Tater Tots  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Spicy Chicken Sandwich                      Jamwich                      Steamed Broccoli                      Carrots &amp; Cucumber</p>
<p><b>16**</b>  <i>Southern Style Chicken Bites with Roll</i>                      Classic Pizza Slice  <i>Chicken &amp; Rice Bowl:</i>                      Tangerine or Sriracha Hooney  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Mini Burgers                      Jamwich                      Steamed Broccoli                      Carrots &amp; Cucumber</p>	<p><b>17**</b>                      Meatball Spaghetti Bowl                      *Personal Pan Pizza                      Nachos: Tex Mex or Steak  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Veggie Burger                      Hummus Plate                      Edamame Succotash                      Fresh Cucumber, Carrot &amp; Tomato</p>	<p><b>18**</b>   <i>Loaded Burger</i>                      Classic Pizza Slice  <i>Chicken &amp; Rice Bowl:</i>                      General Tso's or Teriyaki  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Spicy Chicken Sandwich                      Jamwich                      Mashed Potatoes                      Carrots &amp; Cucumber</p>	<p><b>19**</b>  <i>BBQ Pulled Pork Sandwich</i>                      *Personal Pan Pizza                      Nachos: Beef or Fajita Chicken  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Cheeseburger                      Hummus Plate                      Baked Beans                      Fresh Cucumber, Carrot &amp; Tomato</p>	<p><b>20**</b>                      *Wings with Roll                      Classic Pizza Slice  <i>Build-a-Mac &amp; Cheese-Bowl</i>  <i>Fresh-to-Order:</i>                      Subs, Wraps, &amp; Salads                      Hot Dog                      Jamwich                      French Fries                      Carrots &amp; Cucumber                      Chocolate Chip Cookie</p>
<p><b>23</b>                      Schools Closed</p>	<p><b>24</b>                      Schools Closed</p>	<p><b>25</b>                      Schools Closed</p>	<p><b>26</b>                      Schools Closed</p>	<p><b>27</b>                      Schools Closed</p>
<p>Winter Break</p>	<p>Winter Break</p>	<p>Winter Break</p>	<p>Winter Break</p>	<p>Winter Break</p>
<p><b>30</b>                      Schools Closed</p>	<p><b>31</b>                      Schools Closed</p>			
<p>Winter Break</p>	<p>Winter Break</p>			

**Daily offerings:** 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 Café


Breakfast for Lunch  
 12/13



TOP YOUR TOTS WITH  
 SCRAMBLED EGGS!

**Lunch Price**  
 Student \$2.70  
 Reduced: \$0.40  
 Adult: \$3.45  
 \*Premium: \$3.25



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

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

This institution is an equal opportunity provider.