

January | 2020

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

@fcsnutrition

facebook.com/fcsnutrition

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
6 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	7 Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt	8 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	9 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	10 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
13 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	14 Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt	15 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	16 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	17 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
20 Schools Closed M. L. King Jr. Holiday	21 Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt	22 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	23 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	24 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
27 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereal	28 Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt	29 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	30 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	31 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown

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

January 2020

High School LUNCH MENU

FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Justly Eats
WHERE STUDENTS COME FIRST

NOW HIRING CAFÉ WORKERS
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Menu Subject to Change Based on Product Availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 Chicken & Waffles Classic Pizza Slice <i>Chicken & Rice Bowl:</i> Tangerine or Sichuan <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Cheeseburger Jamwich Tater Tots Carrots & Cucumber</p>	<p>7 Italian Pasta Bake with Garlic Breadstick *Personal Pan Pizza Nachos: Tex Mex or Pork Carnitas <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Turkey & Cheese Croissant Hummus Plate Black Beans Fresh Cucumber, Carrot & Tomato</p>	<p>8 <i>Chicken Taquitos</i> Classic Pizza Slice <i>Chicken & Rice Bowl:</i> General Tso's or Teriyaki <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Inferno Burger Jamwich Veggie Egg Roll Carrots & Cucumber</p>	<p>9 Southern Breaded Chicken with Roll *Personal Pan Pizza Walking Nachos: Beef or Fajita Chicken <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Grilled Chicken Club Hummus Plate Steamed Broccoli Fresh Cucumber, Carrot & Tomato</p>	<p>10 Seafood Basket Classic Pizza Slice <i>Build-a-Potato-Bowl:</i> <i>French Fries or Tater Tots</i> <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Spicy Chicken Sandwich Jamwich <i>Buffalo Cauliflower</i> Carrots & Cucumber</p>
<p>13 Nashville Hot Chicken with Texas Toast Classic Pizza Slice <i>Chicken & Rice Bowl:</i> Tangerine or Sriracha Honey Chicken <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Mini Burgers Jamwich Steamed Broccoli Carrots & Cucumber</p>	<p>14 Chicken Parmesan *Personal Pan Pizza Nachos: Tex Mex or Buffalo Chicken <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Bacon Cheeseburger Hummus Plate Sweet Waffle Fries Fresh Cucumber, Carrot & Tomato</p>	<p>15 Salisbury Steak with Roll Classic Pizza Slice <i>Chicken & Rice Bowl:</i> General Tso's or Teriyaki <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Spicy Chicken Sandwich Jamwich Mashed Potatoes Carrots & Cucumber</p>	<p>16 Chicken of the Day with Roll *Personal Pan Pizza Nachos: Grande or Fajita Chicken <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Veggie Burger Hummus Plate Baked Beans Fresh Cucumber, Carrot & Tomato</p>	<p>17 *Wings with Roll Classic Pizza Slice <i>Build-a-Mac & Cheese-Bowl</i> <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Hot Dog Jamwich Curly Fries Carrots & Cucumber</p>
<p>20 Schools Closed M. L. King Jr. Holiday</p>	<p>21 Veggie Lasagna with Garlic Breadstick *Personal Pan Pizza Walking Nachos: Tex Mex or Pork Carnitas <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Philly Cheesesteak Hummus Plate Black Beans Fresh Cucumber, Carrot & Tomato</p>	<p>22 Mozzarella Cheese Sticks Classic Pizza Slice <i>Chicken & Rice Bowl:</i> General Tso's or Teriyaki <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Chicken Filet Sandwich Jamwich Mixed Veggies Carrots & Cucumber</p>	<p>23 Southern Breaded Chicken with Roll *Personal Pan Pizza Nachos: Beef or Fajita Chicken <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Grilled Chicken & Cheese Sandwich Hummus Plate Steamed Green Beans Fresh Cucumber, Carrot & Tomato</p>	<p>24 Seafood Basket Classic Pizza Slice <i>Build-a-Potato-Bowl:</i> <i>Mashed Potato or Baked Potato</i> <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Spicy Chicken Sandwich Jamwich Steamed Broccoli Carrots & Cucumber</p>
<p>27 Super Bowl Week <i>Southern Style Chicken Bites with Roll</i> Classic Pizza Slice <i>Chicken & Rice Bowl:</i> Tangerine or Sriracha Honey <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Mini Burgers Jamwich Steamed Broccoli Carrots & Cucumber</p>	<p>28 Super Bowl Week Meatball Spaghetti Bowl *Personal Pan Pizza Nachos: Tex Mex or Steak <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Veggie Burger Hummus Plate Edamame Succotash Fresh Cucumber, Carrot & Tomato</p>	<p>29 Super Bowl Week <i>Loaded Burger</i> Classic Pizza Slice <i>Chicken & Rice Bowl:</i> General Tso's or Teriyaki <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Spicy Chicken Sandwich Jamwich Mashed Potatoes Carrots & Cucumber</p>	<p>30 Super Bowl Week SOUPER BOWL: <i>Chili VS. Broccoli Cheddar Soup</i> <i>BBQ Pulled Pork Sandwich</i> *Personal Pan Pizza Nachos: Beef or Fajita Chicken <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Hummus Plate Baked Beans Fresh Cucumber, Carrot & Tomato</p>	<p>31 Super Bowl Week *Wings with Roll Classic Pizza Slice <i>Build-a-Mac & Cheese-Bowl</i> <i>Fresh-to-Order:</i> <i>Subs, Wraps, & Salads</i> Hot Dog Jamwich Seasoned Crinkle Cut Fries Carrots & Cucumber Chocolate Chip Cookie</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

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

Tackle the Day with School Nutrition
Super Bowl LIV
1/27-1/31



Celebrate with the Cafe

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