

# March | 2023

# High School BREAKFAST MENU

Menu Subject to Change Based on Product Availability.

Celebrate with  
the Café



**National School  
Breakfast Week  
3/6-3/10**

**Breakfast Price**  
Student: \$1.25  
Reduced: \$0.30  
Adult: \$2.00

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>daily assorted choice of milk daily fresh fruits • 100% fruit juice <i>locally sourced ingredients offered regularly</i> <b>daily vegetarian option (V)</b></p>				
<p><b>6</b> National School Breakfast Week Chicken Biscuit Waffle &amp; Sausage Griddle Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p><b>7</b> National School Breakfast Week Chicken Biscuit Sausage, Egg, &amp; Cheese Croissant French Toast Sticks (V) Yogurt with Scone (V)</p>	<p><b>1</b> Chicken Biscuit Chicken &amp; Waffle Griddle French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p><b>2</b> Chicken Biscuit Sausage, Egg, &amp; Cheese Croissant Pancake &amp; Sausage on a Stick Yogurt with Scone (V)</p>	<p><b>3</b> Chicken Biscuit Bacon, Egg &amp; Cheese Croissant French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>
<p><b>13</b> Professional Development Day Schools Closed</p>	<p><b>14</b> Teacher Workday Schools Closed</p>	<p><b>8</b> National School Breakfast Week Chicken Biscuit Chicken &amp; Waffle Griddle French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p><b>9</b> National School Breakfast Week <b>Limited Time Only Breakfast Special:</b> Super Sunshine Lemon Bread (V) Chicken Biscuit Sausage, Egg, &amp; Cheese Croissant Pancake &amp; Sausage on a Stick Yogurt with Scone (V)</p>	<p><b>10</b> National School Breakfast Week Chicken Biscuit Bacon, Egg &amp; Cheese Croissant French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>
<p><b>20</b> Chicken Biscuit Waffle &amp; Sausage Griddle Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p><b>21</b> Chicken Biscuit Sausage, Egg, &amp; Cheese Croissant French Toast Sticks (V) Yogurt with Scone (V)</p>	<p><b>15</b> Chicken Biscuit Chicken &amp; Waffle Griddle French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p><b>16</b> Chicken Biscuit Sausage, Egg, &amp; Cheese Croissant Pancake &amp; Sausage on a Stick Yogurt with Scone (V)</p>	<p><b>17</b> Chicken Biscuit Bacon, Egg &amp; Cheese Croissant French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>
<p><b>27</b> Chicken Biscuit Waffle &amp; Sausage Griddle Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p><b>28</b> Chicken Biscuit Sausage, Egg, &amp; Cheese Croissant French Toast Sticks (V) Yogurt with Scone (V)</p>	<p><b>22</b> Chicken Biscuit Chicken &amp; Waffle Griddle French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p><b>23</b> Chicken Biscuit Sausage, Egg, &amp; Cheese Croissant Pancake &amp; Sausage on a Stick Yogurt with Scone (V)</p>	<p><b>24</b> Chicken Biscuit Bacon, Egg &amp; Cheese Croissant French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>
		<p><b>29</b> Chicken Biscuit Chicken &amp; Waffle Griddle French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p><b>30</b> Chicken Biscuit Sausage, Egg, &amp; Cheese Croissant Pancake &amp; Sausage on a Stick Yogurt with Scone (V)</p>	<p><b>31</b> Chicken Biscuit Bacon, Egg &amp; Cheese Croissant French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>

# March | 2023

# High School LUNCH MENU

Menu Subject to Change Based on Product Availability.

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



**Lunch Price**  
**Student: \$2.70**  
**Reduced: \$0.40**  
**Adult: \$4.00**

FLORIDA COUNTY SCHOOLS  
**SCHOOL NUTRITION**  
*Truly Eds*  
 WHERE STUDENTS COME FIRST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Daily offerings:</b> Fresh deli subs, wraps & salads • Signature side salad Choice of milk • Assorted fresh fruits & veggies <i>locally sourced ingredients offered regularly</i> <b>vegetarian option (V)</b>				
<p><b>6</b> Chicken &amp; Waffles                      Belgian Waffle with Scrambled Eggs (V)                      Sriracha Honey Chicken with Rice                      Steak Sliders                      Classic Pizza Slice:                      Cheese (V) or Pepperoni                      Carrots &amp; Cucumber                      Sweet Potato Waffle Fries</p>	<p><b>7</b> Chicken Parmesan with Breadstick                      Fajita Chicken Nachos                      Cheese Nachos (V)                      Bacon Cheeseburger                      Classic Pizza Slice:                      Cheese (V) or Buffalo Chicken                      Carrot, Cucumber &amp; Cherry Tomato                      Steamed Broccoli</p>	<p><b>1</b> General Tso's Chicken with Rice                      Chicken Filet Sandwich                      Mozzarella Cheese Sticks (V)                      Classic Pizza Slice:                      Cheese (V) or Pepperoni                      Carrots &amp; Cucumber                      Edamame Succotash</p>	<p><b>2</b> Crispy Chicken Thigh with Roll                      Chicken Fajita Nachos • Cheese Nachos (V)                      Grilled Chicken Club                      Classic Pizza Slice: Cheese (V) or Meat Lover's                      Carrot, Cucumber &amp; Cherry Tomato                      Steamed Broccoli • Chocolate Chip Cookie</p>	<p><b>3</b> Classic Pizza Slice: Cheese (V) or Pepperoni                      Seafood Basket with Shrimp                      3-Bean Chili with Hushpuppies (V)                      Teriyaki Chicken with Rice                      Spicy Chicken Sandwich                      Carrots &amp; Cucumber • Buffalo Cauliflower</p>
<p><b>13</b> Professional Development Day                      Schools Closed</p>	<p><b>14</b> Teacher Workday                      Schools Closed</p>	<p><b>8</b> General Tso's Chicken with Rice                      Salisbury Steak with Cornbread                      3-Bean Chili with Cornbread (V)                      Chicken Filet Sandwich                      Classic Pizza Slice:                      Cheese (V) or Pepperoni                      Carrots &amp; Cucumber                      Mashed Potatoes</p>	<p><b>9</b> Crispy Chicken Thigh with Roll                      Chicken Fajita Nachos • Cheese Nachos (V)                      Classic Pizza Slice: Cheese (V) or Meat Lover's                      Veggie Burger (V)                      Carrot, Cucumber &amp; Cherry Tomato                      Baked Beans • Chocolate Chip Cookie</p>	<p><b>10</b> Classic Pizza Slice: Cheese (V) or Pepperoni                      Cod Nuggets with Mac &amp; Cheese                      Mac &amp; Cheese (V)                      Spicy Sichuan Chicken with Rice                      Spicy Chicken Sandwich                      Carrots &amp; Cucumber • Roasted Green Beans</p>
<p><b>20</b> Southern Style Chicken Bites with Roll                      Sriracha Honey Chicken with Rice                      Veggie Burger (V)                      Classic Pizza Slice:                      Cheese (V) or Pepperoni                      Carrots &amp; Cucumber                      Farm Roasted Green Beans</p>	<p><b>21</b> Italian Pasta Bake with Breadstick                      Tex Mex Nachos • Cheese Nachos (V)                      Steak Sliders                      Classic Pizza Slice:                      Cheese (V) or Buffalo Chicken                      Carrot, Cucumber &amp; Cherry Tomato                      Steamed Broccoli</p>	<p><b>15</b> General Tso's Chicken with Rice                      Chicken Filet Sandwich                      Mozzarella Cheese Sticks (V)                      Classic Pizza Slice:                      Cheese (V) or Pepperoni                      Carrots &amp; Cucumber                      Edamame Succotash</p>	<p><b>16</b> Crispy Chicken Thigh with Roll                      Chicken Fajita Nachos • Cheese Nachos (V)                      Turkey Hot Dog                      Classic Pizza Slice: Cheese (V) or Meat Lover's                      Carrot, Cucumber &amp; Cherry Tomato                      Roasted Green Beans • Chocolate Chip Cookie</p>	<p><b>17</b> Classic Pizza Slice: Cheese (V) or Pepperoni                      Seafood Basket with Shrimp                      3-Bean Chili with Hushpuppies (V)                      Teriyaki Chicken with Rice                      Spicy Chicken Sandwich                      Carrots &amp; Cucumber • Steamed Broccoli</p>
<p><b>27</b> Chicken Tenders with Breadstick                      Tangerine Chicken with Rice                      Cheeseburger • Veggie Burger (V)                      Classic Pizza Slice:                      Cheese (V) or Pepperoni                      100% Fruit Slushie                      Carrots &amp; Cucumber • Tater Tots</p>	<p><b>28</b> Veggie Lasagna with Breadstick                      Tex Mex Nachos • Cheese Nachos (V)                      Classic Pizza Slice:                      Cheese (V) or Buffalo Chicken                      Turkey Hot Dog                      Carrot, Cucumber &amp; Cherry Tomato                      Black Beans</p>	<p><b>22</b> General Tso's Chicken with Rice                      Chicken Filet Sandwich                      Mini Cheese Quesadillas (V)                      Bean &amp; Cheese Burrito (V)                      Classic Pizza Slice:                      Cheese (V) or Pepperoni                      Carrots &amp; Cucumber • Curly Fries</p>	<p><b>23</b> Crispy Chicken Thigh with Roll                      Chicken Fajita Nachos • Cheese Nachos (V)                      Cheeseburger                      Classic Pizza Slice: Cheese (V) or Meat Lover's                      Carrot, Cucumber &amp; Cherry Tomato                      Baked Beans • Chocolate Chip Cookie</p>	<p><b>24</b> Classic Pizza Slice: Cheese (V) or Pepperoni                      Popcorn Shrimp with Mac &amp; Cheese                      Mac &amp; Cheese (V)                      Spicy Sichuan Chicken with Rice                      Spicy Chicken Sandwich                      Carrots &amp; Cucumber                      Sweet Potato Waffle Fries</p>
		<p><b>29</b> General Tso's Chicken with Rice                      Chicken Filet Sandwich                      Mozzarella Cheese Sticks (V)                      Classic Pizza Slice:                      Cheese (V) or Pepperoni                      Carrots &amp; Cucumber                      Edamame Succotash</p>	<p><b>30</b> Crispy Chicken Thigh with Roll                      Chicken Fajita Nachos • Cheese Nachos (V)                      Grilled Chicken Club                      Classic Pizza Slice: Cheese (V) or Meat Lover's                      Carrot, Cucumber &amp; Cherry Tomato                      Steamed Broccoli • Chocolate Chip Cookie</p>	<p><b>31</b> Classic Pizza Slice: Cheese (V) or Pepperoni                      Seafood Basket with Shrimp                      3-Bean Chili with Hushpuppies (V)                      Teriyaki Chicken with Rice                      Spicy Chicken Sandwich                      Carrots &amp; Cucumber • Buffalo Cauliflower</p>