

November | 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



f [facebook.com/fcsnutrition](https://www.facebook.com/fcsnutrition)

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

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

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Chicken Biscuit Breakfast Taquito French Toast Sticks Assorted Cereals	5 Schools Closed Teacher Workday	6 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	7 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	1 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
11 Chicken Biscuit Breakfast Taquito French Toast Sticks Assorted Cereal	12 Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt	13 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	14 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	8 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
18 Chicken Biscuit Breakfast Taquito French Toast Sticks Assorted Cereals	19 Chicken Biscuit Bacon, Egg & Cheese Croissant Doughnut Bites Poptart with Yogurt	20 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals	21 Chicken Biscuit Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Smoothie with Blueberry Muffin	15 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
25 Schools Closed	26 Schools Closed	27 Schools Closed	28 Schools Closed	22 Chicken Biscuit Cheesy Eggs with Grits & Sausage Links French Toast Sticks Assorted Cereals Hashbrown
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	29 Schools Closed Thanksgiving 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

November 2019

High School LUNCH MENU

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

All grains offered are whole grain-rich
 Menu Subject to Change Based on Product Availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 Chicken Nuggets with Roll Classic Pizza Slice <i>Chicken & Rice Bowl:</i> Tangerine or Sichuan <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Cheeseburger Jamwich Tater Tots Carrots & Cucumber</p> <p>11 <i>Southern Style Chicken Bites with Roll</i> Classic Pizza Slice <i>Chicken & Rice Bowl:</i> Tangerine or Sichuan <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Mini Burgers Jamwich Steamed Broccoli Carrots & Cucumber</p> <p>18 Chicken & Waffles Classic Pizza Slice <i>Chicken & Rice Bowl:</i> Tangerine or Sichuan <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Cheeseburger Jamwich Tater Tots Carrots & Cucumber</p> <p>25 Schools Closed</p> <p>Thanksgiving Break</p>	<p>5 Schools Closed</p> <p>Teacher Workday</p> <p>12 Meatball Spaghetti Bowl *Personal Pan Pizza Nachos: Tex Mex or Steak <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Veggie Burger Hummus Plate Edamame Succotash Fresh Cucumber, Carrot & Tomato</p> <p>19 Italian Pasta Bake with Garlic Breadstick *Personal Pan Pizza Nachos: Tex Mex or Pork Carnitas <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Turkey & Cheese Croissant Hummus Plate Black Beans Fresh Cucumber, Carrot & Tomato</p> <p>26 Schools Closed</p> <p>Thanksgiving Break</p>	<p>6 Mozzarella Cheese Sticks Classic Pizza Slice <i>Chicken & Rice Bowl:</i> General Tso's or Teriyaki <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Chicken Filet Sandwich Jamwich Mixed Veggies Carrots & Cucumber</p> <p>13 <i>Meatloaf with Roll</i> Classic Pizza Slice <i>Chicken & Rice Bowl:</i> General Tso's or Teriyaki <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Spicy Chicken Sandwich Jamwich Mashed Potatoes Carrots & Cucumber</p> <p>20 <i>Chicken Taquitos</i> Classic Pizza Slice <i>Chicken & Rice Bowl:</i> General Tso's or Teriyaki <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Inferno Burger Jamwich Veggie Egg Roll Carrots & Cucumber</p> <p>27 Schools Closed</p> <p>Thanksgiving Break</p>	<p>7 Southern Breaded Chicken with Roll *Personal Pan Pizza Nachos: Beef or Fajita Chicken <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Grilled Chicken & Cheese Sandwich Hummus Plate Steamed Green Beans Fresh Cucumber, Carrot & Tomato</p> <p>14 <i>BBQ Pulled Pork Sandwich</i> *Personal Pan Pizza Nachos: Beef or Fajita Chicken <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Cheeseburger Hummus Plate Baked Beans Fresh Cucumber, Carrot & Tomato</p> <p>21 Southern Breaded Chicken with Roll *Personal Pan Pizza Walking Nachos: Beef or Fajita Chicken <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Grilled Chicken Club Hummus Plate Steamed Broccoli Fresh Cucumber, Carrot & Tomato</p> <p>28 Schools Closed</p> <p>Thanksgiving Break</p>	<p>1 *Wings with Roll Classic Pizza Slice <i>Build-a-Mac & Cheese-Bowl</i> <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Hot Dog Jamwich Curly Fries Carrots & Cucumber</p> <p>8 Seafood Basket Classic Pizza Slice <i>Build-a-Potato-Bowl:</i> <i>Mashed Potato or Sweet Potato</i> <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Spicy Chicken Sandwich Jamwich Steamed Broccoli Carrots & Cucumber</p> <p>15 *Wings with Roll Classic Pizza Slice <i>Build-a-Mac & Cheese-Bowl</i> <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Hot Dog Jamwich French Fries Carrots & Cucumber Chocolate Chip Cookie</p> <p>22 Seafood Basket Classic Pizza Slice <i>Build-a-Potato-Bowl:</i> <i>French Fries or Tater Tots</i> <i>Fresh-to-Order:</i> Subs, Wraps, & Salads Spicy Chicken Sandwich Jamwich <i>Buffalo Cauliflower</i> Carrots & Cucumber</p> <p>29 Schools Closed</p> <p>Thanksgiving Break</p>

Daily offerings: Assorted milk • Assorted fresh fruits & veggies
 Signature side salad • Vegetarian entrees
Student tested & Chef crafted NEW entrees!
 Locally Sourced Ingredients Offered Regularly


 @fcsnutrition
 facebook.com/fcsnutrition
 FCS Mobile App: view school menus, nutrient info, and make meal payments.
 Visit fcsnutrition.com for more info!

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

Celebrate with the Cafe

Harvest of the Month: Sweet Potatoes!

