

March | 2023

# Independence High School BREAKFAST MENU

Menu Subject to Change Based on Product Availability.



Kids who 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!



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



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	7 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	1 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	2 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	3 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)
13 Professional Development Day Schools Closed	14 Teacher Workday Schools Closed	8 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	9 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	10 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)
20 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	21 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	15 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	16 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	17 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)
27 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	28 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	22 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	23 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	24 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)
		29 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	30 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	31 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)

daily assorted choice of milk • daily fresh fruits • 100% fruit juice  
locally sourced ingredients offered regularly  
daily vegetarian option (V)

**Breakfast  
Price**  
Student: \$0.00  
Adult: \$2.00

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# Independence 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

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WHERE STUDENTS COME FIRST



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Daily offerings:</b> Assorted milk • Assorted fresh fruits &amp; veggies <i>locally sourced ingredients offered regularly</i></p>				
<p>6 Chicken &amp; Waffles Classic Pizza Slice: Cheese 100% Fruit Slushie Signature Side Salad Carrots &amp; Cucumbers</p>	<p>7 Chicken Parmesan with Breadstick Garden Sub Signature Side Salad Corn &amp; Bean Salsa</p>	<p>1 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots &amp; Cucumbers</p>	<p>2 Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese Fresh Deli Sub Corn &amp; Bean Salsa Signature Side Salad Chocolate Chip Cookie</p>	<p>3 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots &amp; Cucumbers</p>
<p>13 <b>Professional Development Day Schools Closed</b></p>	<p>14 <b>Teacher Workday Schools Closed</b></p>	<p>8 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots &amp; Cucumbers</p>	<p>9 Crispy Chicken Thigh with Roll Veggie Burger Fresh Deli Sub Corn &amp; Bean Salsa Signature Side Salad Chocolate Chip Cookie</p>	<p>10 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots &amp; Cucumbers</p>
<p>20 Southern Style Chicken Bites with Roll Classic Pizza Slice: Cheese Signature Side Salad Carrots &amp; Cucumbers</p>	<p>15 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots &amp; Cucumbers</p>	<p>16 Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese Fresh Deli Sub Corn &amp; Bean Salsa Signature Side Salad Chocolate Chip Cookie</p>	<p>17 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots &amp; Cucumbers</p>	<p>17 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots &amp; Cucumbers</p>
<p>27 Tangerine Chicken with Rice Classic Pizza Slice: Cheese Signature Side Salad Carrots &amp; Cucumbers 100% Fruit Slushie</p>	<p>21 Classic Pizza Slice: Cheese Steak Sliders Fresh Deli Sub Signature Side Salad Corn &amp; Bean Salsa</p>	<p>22 General Tso's Chicken with Rice Mini Cheese Quesadillas Baby Carrots Carrots &amp; Cucumbers</p>	<p>23 Crispy Chicken Thigh with Roll Cheeseburger Garden Sub Corn &amp; Bean Salsa Signature Side Salad Chocolate Chip Cookie</p>	<p>24 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots &amp; Cucumbers</p>
<p>28 Veggie Lasagna with Breadstick Turkey Hot Dog Fresh Deli Sub Signature Side Salad Corn &amp; Bean Salsa</p>	<p>29 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots &amp; Cucumbers</p>	<p>30 Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese Fresh Deli Sub Corn &amp; Bean Salsa Signature Side Salad Chocolate Chip Cookie</p>	<p>31 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots &amp; Cucumbers</p>	<p>31 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots &amp; Cucumbers</p>