

September | 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <i>Schools Closed Labor Day</i>	5 <i>Schools Closed Teachers Workday</i>	6 <i>Schools Closed Professional Development Day</i>	7 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	1 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)
11 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	12 French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	13 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	14 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	8 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)
18 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	19 French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	20 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	21 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	15 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)
25 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	26 French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	27 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	28 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	22 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)
				29 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)

Daily offerings: fresh fruits • 100% fruit juice • choice of milk

locally sourced ingredients offered regularly

daily vegetarian option (V)

Breakfast Price

Student: \$1.25

Reduced: \$0.30

Adult: \$2.75

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Independence High School LUNCH MENU

Menu Subject to Change Based on Product Availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily offerings: assorted fresh fruits & veggies • choice of milk <i>locally sourced ingredients offered regularly</i> daily vegetarian option (V)</p>			<p>Lunch Price Student: \$2.70 Reduced: \$0.40 Adult: \$4.75</p>	<p>1 Classic Pizza Slice: Pepperoni Chef Selection Crispy Chicken Basket Mac & Cheese (V) Carrots & Cucumbers Corn & Black Bean Salsa</p>
<p>4 <i>Schools Closed Labor Day</i></p>	<p>5 <i>Schools Closed Teachers Workday</i></p>	<p>6 <i>Schools Closed Professional Development Day</i></p>	<p>7 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers</p>	<p>8 Classic Pizza Slice: Cheese (V) or Pepperoni Chef Selection Crispy Chicken Basket Carrots & Cucumbers Corn & Black Bean Salsa</p>
<p>11 Chicken & Waffles Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers</p>	<p>12 Buffalo Chicken Pizza Slice Chef Selection Crispy Chicken Basket Cheese Chef Salad (V) Signature Side Salad Corn & Black Bean Salsa</p>	<p>13 General Tso's Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Baby Carrots</p>	<p>14 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers</p>	<p>15 Classic Pizza Slice: Pepperoni Chef Selection Crispy Chicken Basket Carrots & Cucumbers Corn & Black Bean Salsa</p>
<p>18 Tangerine Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers</p>	<p>19 Buffalo Chicken Pizza Slice Chef Selection Crispy Chicken Basket Veggie Lasagna with Breadstick (V) Signature Side Salad Corn & Black Bean Salsa</p>	<p>20 Chef Selection Hot Sandwich Chef Selection Crispy Chicken Basket Cheese Pizza Slice (V) Signature Side Salad Baby Carrots</p>	<p>21 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers</p>	<p>22 Classic Pizza Slice: Cheese (V) Chef Selection Crispy Chicken Basket General Tso's Chicken with Rice Carrots & Cucumbers Corn & Black Bean Salsa</p>
<p>25 Chicken & Waffles Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers</p>	<p>26 Buffalo Chicken Pizza Slice Chef Selection Crispy Chicken Basket Cheese Pizza Slice (V) Signature Side Salad Corn & Black Bean Salsa</p>	<p>27 General Tso's Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Baby Carrots</p>	<p>28 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers</p>	<p>29 Classic Pizza Slice: Pepperoni Chef Selection Crispy Chicken Basket Mac & Cheese (V) Carrots & Cucumbers Corn & Black Bean Salsa</p>

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



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