

Independence High School

BREAKFAST MENU

December | 2019



Eat well, learn better!

Students can choose a hot entree, 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



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
2 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	3 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	4 Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	5 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	6 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
9 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	10 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	11 Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	12 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	13 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
16 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	17 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	18 Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	19 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	20 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
23 Schools Closed Winter Break	24 Schools Closed Winter Break	25 Schools Closed Winter Break	26 Schools Closed Winter Break	27 Schools Closed Winter Break
30 Schools Closed Winter Break	31 Schools Closed Winter Break			

Daily Assorted Milk • Daily Fresh Fruits
Locally Sourced Ingredients Offered Regularly
 Menu Subject to Change Based on Product Availability.

Breakfast Price
 Student \$1.25
 Reduced: \$0.30
 Adult: \$1.60

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LUNCH MENU

Celebrate with
the Café



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Nashville Hot Chicken with Texas Toast Mini Burgers Baby Carrots	3 Bacon Cheeseburger Turkey & Cheese Sub Bean Salad	4 Cheese Pizza Spicy Chicken Sandwich Baby Carrots	5 Chicken of the Day with Roll Turkey & Cheese Sub Corn Salsa	6 Cheese Pizza Hot Dog Baby Carrots
9 Chicken Nuggets with Roll Cheese Pizza Baby Carrots	10 Veggie Lasagna with Garlic Breadstick Turkey & Cheese Sub Bean Salad	11 General Tso's Chicken with Brown Rice Chicken Filet Sandwich Baby Carrots	12 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	13 Cheese Pizza Spicy Chicken Sandwich Baby Carrots
16 Chicken Filet Sandwich Cheese Pizza Baby Carrots	17 Cheeseburger Cheese Pizza Bean Salad	18 Cheese Pizza Spicy Chicken Sandwich Baby Carrots	19 Grilled Chicken Sandwich Cheese Pizza Corn Salsa	20 Mini Burgers Cheese Pizza Baby Carrots
23 Schools Closed Winter Break	24 Schools Closed Winter Break	25 Schools Closed Winter Break	26 Schools Closed Winter Break	27 Schools Closed Winter Break
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Daily assorted milk • Daily fresh fruits & veggies
Signature side salad
All grains offered are whole grain-rich
Locally Sourced Ingredients Offered Regularly
Menu Subject to Change Based on Product Availability.

Lunch Price
Student \$1.25
Reduced: \$0.30
Adult: \$1.60