

# February | 2020

# Independence High School



# BREAKFAST MENU



**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



@fcsnutrition



facebook.com/fcsnutrition

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

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

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>4</b> Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	<b>5</b> Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>6</b> Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	<b>7</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
<b>10</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>11</b> Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	<b>12</b> Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>13</b> Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	<b>14</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
<b>17</b> Schools Closed Presidents' Day	<b>18</b> Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	<b>19</b> Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>20</b> Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	<b>21</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
<b>24</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>25</b> Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	<b>26</b> Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>27</b> Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	<b>28</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit

**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

# February | 2020

# Independence High School



# LUNCH MENU

Celebrate with  
the Café



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken & Waffles Cheeseburger Baby Carrots	<b>4</b> Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Sub Bean Salad	<b>5</b> Teriyaki Chicken with Brown Rice Cheese Pizza Baby Carrots	<b>6</b> Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	<b>7</b> Cheese Pizza Spicy Chicken Sandwich Baby Carrots
<b>10</b> Nashville Hot Chicken with Texas Toast Mini Burgers Baby Carrots	<b>11</b> Bacon Cheeseburger Turkey & Cheese Sub Bean Salad	<b>12</b> Cheese Pizza Spicy Chicken Sandwich Baby Carrots	<b>13</b> Chicken of the Day with Roll Turkey & Cheese Sub Corn Salsa	<b>14</b> Cheese Pizza Hot Dog Baby Carrots
<b>17</b> Schools Closed  Presidents' Day	<b>18</b> Veggie Lasagna with Garlic Breadstick Turkey & Cheese Sub Bean Salad	<b>19</b> General Tso's Chicken with Brown Rice Chicken Filet Sandwich Baby Carrots	<b>20</b> Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	<b>21</b> Cheese Pizza Spicy Chicken Sandwich Baby Carrots
<b>24</b> Southern Style Chicken Bites with Roll Tangerine Chicken with Brown Rice Baby Carrots	<b>25</b> Meatball Spaghetti Bowl Turkey & Cheese Sub Bean Salad	<b>26</b> Cheese Pizza Spicy Chicken Sandwich Baby Carrots	<b>27</b> BBQ Pulled Pork Sandwich Turkey & Cheese Sub Corn Salsa	<b>28</b> Cheese Pizza Hot Dog Baby Carrots

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



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

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

This institution is an equal opportunity provider.

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 \$2.70  
 Reduced: \$0.40  
 Adult: \$3.45