

# January | 2020

# Independence High School

# BREAKFAST MENU

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



**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>6</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>7</b> Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	<b>8</b> Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>9</b> Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	<b>10</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
<b>13</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>14</b> Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	<b>15</b> Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>16</b> Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	<b>17</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
<b>20</b> Schools Closed M. L. King Jr. Holiday	<b>21</b> Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	<b>22</b> Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>23</b> Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	<b>24</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
<b>27</b> Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>28</b> Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	<b>29</b> Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	<b>30</b> Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	<b>31</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

# January | 2020

# Independence High School

# LUNCH MENU

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


Celebrate with  
the Café



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

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> Chicken & Waffles Cheeseburger Baby Carrots	<b>7</b> Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Sub Bean Salad	<b>8</b> Teriyaki Chicken with Brown Rice Cheese Pizza Baby Carrots	<b>9</b> Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	<b>10</b> Cheese Pizza Spicy Chicken Sandwich Baby Carrots
<b>13</b> Nashville Hot Chicken with Texas Toast Mini Burgers Baby Carrots	<b>14</b> Bacon Cheeseburger Turkey & Cheese Sub Bean Salad	<b>15</b> Cheese Pizza Spicy Chicken Sandwich Baby Carrots	<b>16</b> Chicken of the Day with Roll Turkey & Cheese Sub Corn Salsa	<b>17</b> Cheese Pizza Hot Dog Baby Carrots
<b>20</b> <b>Schools Closed</b>  M. L. King Jr. Holiday	<b>21</b> Veggie Lasagna with Garlic Breadstick Turkey & Cheese Sub Bean Salad	<b>22</b> General Tso's Chicken with Brown Rice Chicken Filet Sandwich Baby Carrots	<b>23</b> Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	<b>24</b> Cheese Pizza Spicy Chicken Sandwich Baby Carrots
<b>27</b> Southern Style Chicken Bites with Roll Tangerine Chicken with Brown Rice Baby Carrots	<b>28</b> Meatball Spaghetti Bowl Turkey & Cheese Sub Bean Salad	<b>29</b> Cheese Pizza Spicy Chicken Sandwich Baby Carrots	<b>30</b> BBQ Pulled Pork Sandwich Turkey & Cheese Sub Corn Salsa	<b>31</b> Cheese Pizza Hot Dog Baby Carrots

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