

# Independence High School

# BREAKFAST MENU

## March | 2020



**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 <b>Schools Closed</b> <b>Teacher Workday</b>
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 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	24 <b>Schools Closed</b> <b>Teacher Workday</b>	25 Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	27 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	27 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
30 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	31 Doughnut Bites 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

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# LUNCH MENU

Menu Subject to Change Based on Product Availability.

Celebrate with  
the Café



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken & Waffles Cheeseburger Baby Carrots	3 Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Sub Bean Salad	4 Teriyaki Chicken with Chow Mein Cheese Pizza Baby Carrots	5 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	6 Cheese Pizza Spicy Chicken Sandwich Baby Carrots
9 Nashville Hot Chicken with Texas Toast Mini Burgers Baby Carrots	10 Bacon Cheeseburger Turkey & Cheese Sub Bean Salad	11 Cheese Pizza Spicy Chicken Sandwich Baby Carrots	12 Chicken of the Day with Roll Turkey & Cheese Sub Corn Salsa	13 <b>Schools Closed</b> <b>Teacher Workday</b>
16 Chicken Nuggets with Roll Cheese Pizza Baby Carrots	17 Veggie Lasagna with Garlic Breadstick Turkey & Cheese Sub Bean Salad	18 General Tso's Chicken with Chow Mein Chicken Filet Sandwich Baby Carrots	19 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	20 Cheese Pizza Spicy Chicken Sandwich Baby Carrots
23 Southern Style Chicken Bites with Roll Tangerine Chicken with Brown Rice Baby Carrots	24 <b>Schools Closed</b> <b>Teacher Workday</b>	25 Cheese Pizza Spicy Chicken Sandwich Baby Carrots	26 BBQ Pulled Pork Sandwich Turkey & Cheese Sub Corn Salsa	27 Cheese Pizza Hot Dog Baby Carrots
30 Chicken & Waffles Cheeseburger Baby Carrots	31 Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Sub Bean Salad	<p>Daily assorted milk • Daily fresh fruits &amp; veggies Signature side salad All grains offered are whole grain-rich Locally Sourced Ingredients Offered Regularly</p>		

**Lunch Price**  
Student \$2.70  
Reduced: \$0.40  
Adult: \$3.45