

Independence High School

BREAKFAST MENU

November | 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
4 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	5 Schools Closed Teacher Workday	6 Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	7 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	8 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
11 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	12 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	13 Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	14 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	15 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
18 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	19 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	20 Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	21 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	22 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
25 Schools Closed Thanksgiving Break	26 Schools Closed Thanksgiving Break	27 Schools Closed Thanksgiving Break	28 Schools Closed Thanksgiving Break	29 Schools Closed Thanksgiving 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
4 Chicken Nuggets with Roll Cheese Pizza Baby Carrots	5 Schools Closed Teacher Workday	6 General Tso's Chicken with Brown Rice Chicken Filet Sandwich Baby Carrots	7 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	1 Cheese Pizza Hot Dog Baby Carrots
11 Southern Style Chicken Bites with Roll Tangerine Chicken with Brown Rice Baby Carrots	12 Meatball Spaghetti Bowl Turkey & Cheese Sub Bean Salad	13 Cheese Pizza Spicy Chicken Sandwich Baby Carrots	14 BBQ Pulled Pork Sandwich Turkey & Cheese Sub Corn Salsa	8 Cheese Pizza Spicy Chicken Sandwich Baby Carrots
18 Chicken & Waffles Cheeseburger Baby Carrots	19 Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Sub Bean Salad	20 Teriyaki Chicken with Brown Rice Cheese Pizza Baby Carrots	21 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	15 Cheese Pizza Hot Dog Baby Carrots
25 Schools Closed	26 Schools Closed	27 Schools Closed	28 Schools Closed	22 Cheese Pizza Spicy Chicken Sandwich Baby Carrots
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	29 Schools Closed Thanksgiving 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