November 2019

Independence High School School School NUTRITIO Subject WHERE STUDENTS COME FIRST BREALEREAST MERINU



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



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.

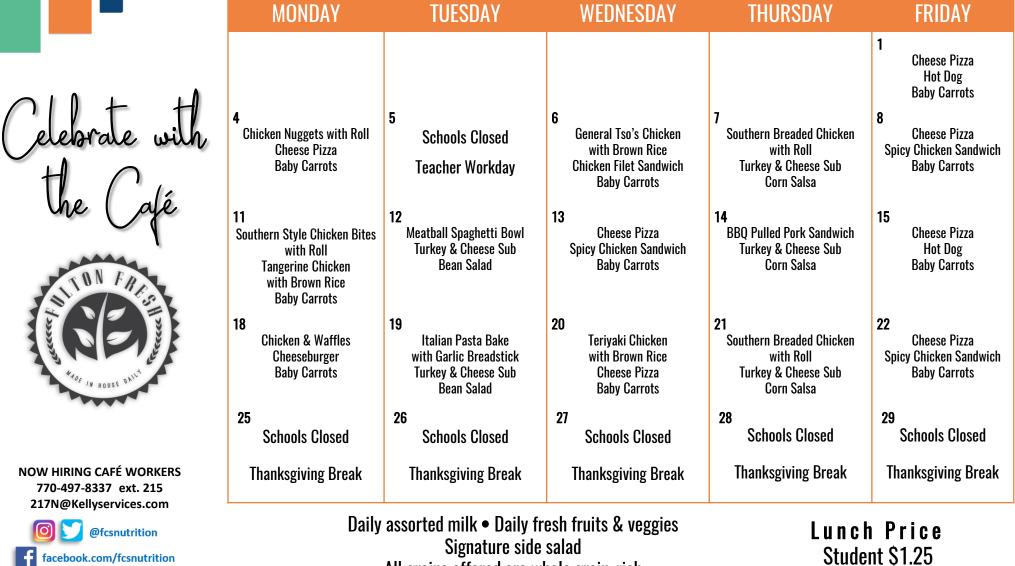
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
4 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	5 Schools Closed Teacher Workday	6 Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	7 Pancake & Sausage on a Stick 100% Fruit Juice Assorted 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	1 4 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	26 Schools Closed	27 Schools Closed	28 Schools Closed	29 Schools Closed
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Brea

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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Independence High School **SCHOO**



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All grains offered are whole grain-rich Locally Sourced Ingredients Offered Regularly Menu Subject to Change Based on Product Availability.

Reduced: \$0.30 Adult: \$1.60