

September | 2019

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 for more info!
This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day Schools Closed	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 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit
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 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	25 Sausage Biscuit 100% Fruit Juice Assorted Fresh Fruit	26 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				

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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FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Eats
WHERE STUDENTS COME FIRST

LUNCH MENU

*Celebrate with
the Café*

Hard Core Apple Day 9/13

This month, crunch into
locally grown apples!



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Labor Day Schools Closed</p> <p>9 Chicken Nuggets with Roll Cheese Pizza Baby Carrots</p> <p>16 Southern Style Chicken Bites with Roll Tangerine Chicken with Brown Rice Baby Carrots</p> <p>23 Chicken & Waffles Cheeseburger Baby Carrots</p> <p>30 Nashville Hot Chicken with Texas Toast Mini Burgers Baby Carrots</p>	<p>3 Bacon Cheeseburger Turkey & Cheese Sub Bean Salad</p> <p>10 Veggie Lasagna with Garlic Breadstick Turkey & Cheese Sub Bean Salad</p> <p>17 Meatball Spaghetti Bowl Turkey & Cheese Sub Bean Salad</p> <p>24 Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Sub Bean Salad</p>	<p>4 Cheese Pizza Chicken Filet Sandwich Baby Carrots</p> <p>11 General Tso's Chicken with Brown Rice Chicken Filet Sandwich Baby Carrots</p> <p>18 Cheese Pizza Spicy Chicken Sandwich Baby Carrots</p> <p>25 Teriyaki Chicken with Brown Rice Cheese Pizza Baby Carrots</p>	<p>5 Chicken of the Day with Roll Turkey & Cheese Sub Corn Salsa</p> <p>12 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa</p> <p>19 BBQ Pulled Pork Sandwich Turkey & Cheese Sub Corn Salsa</p> <p>26 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa</p>	<p>6 Cheese Pizza Hot Dog Baby Carrots</p> <p>13 Cheese Pizza Spicy Chicken Sandwich Baby Carrots</p> <p>20 Cheese Pizza Hot Dog Baby Carrots</p> <p>27 Cheese Pizza Spicy Chicken Sandwich Baby Carrots</p>
<p>Daily assorted milk • Daily fresh fruits & veggies Signature side salad All grains offered are whole grain-rich <i>Locally Sourced Ingredients Offered Regularly</i></p>				
<p>Lunch Price Student \$1.25 Reduced: \$0.30 Adult: \$1.60</p>				

Menu Subject to Change Based on Product Availability.