September 2019





BREAKFAST MENU



Eat well, learn better!

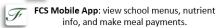
Students can choose a hot entree, fresh fruit, 100% juice, and skim or low-fat milk to start the day right!



NOW HIRING CAFÉ WORKERS 770-497-8337 ext. 215 217N@Kellyservices.com







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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 Frui
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 Frui
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 Frui
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 Frui
30 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit		I	I	I

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

Independence High School



Adult: S1.60

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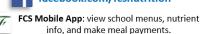
Hard Core Apple Day 9/13

This month, crunch into locally grown apples!



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MONDAY				
2 Labor Day				
Schools Closed				
9 Chicken Nuggets with Roll Cheese Pizza Baby Carrots				
16 Southern Style Chicken Bites with Roll Tangerine Chicken with Brown Rice Baby Carrots				
23 Chicken & Waffles Cheeseburger Baby Carrots				
30 Nashville Hot Chicken with Texas Toast Mini Burgers Baby Carrots				

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
3 Bacon Cheeseburger Turkey & Cheese Sub Bean Salad	4 Cheese Pizza Chicken Filet Sandwich Baby Carrots	5 Chicken of the Day with Roll Turkey & Cheese Sub Corn Salsa	6 Cheese Pizza Hot Dog Baby Carrots		
10 Veggie Lasagna with Garlic Breadstick Turkey & Cheese Sub Bean Salad	11 General Tso's Chicken with Brown Rice Chicken Filet Sandwich Baby Carrots	12 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	13 Cheese Pizza Spicy Chicken Sandwich Baby Carrots		
17 Meatball Spaghetti Bowl Turkey & Cheese Sub Bean Salad	18 Cheese Pizza Spicy Chicken Sandwich Baby Carrots	19 BBQ Pulled Pork Sandwich Turkey & Cheese Sub Corn Salsa	20 Cheese Pizza Hot Dog Baby Carrots		
24 Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Sub Bean Salad	25 Teriyaki Chicken with Brown Rice Cheese Pizza Baby Carrots	26 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa	27 Cheese Pizza Spicy Chicken Sandwich Baby Carrots		
Daily assorted milk • Daily fresh fruits & veggies Signature side salad All grains offered are whole grain-rich Lunch Price Student \$1.25 Reduced: \$0.30					

Locally Sourced Ingredients Offered Regularly