

August | 2019

Fulton County Schools Independence High School Breakfast Menu

Menu Subject to Change Based on Product Availability.

Monday	Tuesday	Wednesday	Thursday
12 Chicken Biscuit 100% Juice Assorted Fresh Fruit	13 Doughnut Bites 100% Juice Assorted Fresh Fruit	14 Sausage Biscuit 100% Juice Assorted Fresh Fruit	15 Pancake & Sausage on a Stick 100% Juice Assorted Fresh Fruit
19 Chicken Biscuit 100% Juice Assorted Fresh Fruit	20 Doughnut Bites 100% Juice Assorted Fresh Fruit	21 Sausage Biscuit 100% Juice Assorted Fresh Fruit	22 Pancake & Sausage on a Stick 100% Juice Assorted Fresh Fruit
26 Chicken Biscuit 100% Juice Assorted Fresh Fruit	27 Doughnut Bites 100% Juice Assorted Fresh Fruit	28 Sausage Biscuit 100% Juice Assorted Fresh Fruit	29 Pancake & Sausage on a Stick 100% Juice Assorted Fresh Fruit



*School Breakfast
 fuels classroom
 performance!*

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



Breakfast Price
 Student \$1.25
 Reduced: \$0.30
 Adult: \$1.60

Daily Assorted Milk • Daily Fresh Fruits
Locally Sourced Ingredients Offered Regularly

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.



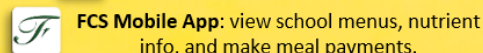
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Fulton County Schools Independence High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday
12 Chicken Nuggets with Roll Cheese Pizza Baby Carrots	13 Veggie Lasagna with Garlic Breadstick Turkey & Cheese Sub Bean Salad	14 General Tso's Chicken with Brown Rice Chicken Filet Sandwich Baby Carrots	15 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa
19 Southern Style Chicken Bites with Roll Tangerine Chicken with Brown Rice Baby Carrots	20 Meatball Spaghetti Bowl Turkey & Cheese Sub Bean Salad	21 Cheese Pizza Spicy Chicken Sandwich Baby Carrots	22 BBQ Pulled Pork Sandwich Turkey & Cheese Sub Corn Salsa
26 Chicken & Waffles Cheeseburger Baby Carrots	27 Italian Pasta Bake with Garlic Breadstick Turkey & Cheese Sub Bean Salad	28 Teriyaki Chicken with Brown Rice Cheese Pizza Baby Carrots	29 Southern Breaded Chicken with Roll Turkey & Cheese Sub Corn Salsa

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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



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Welcome Back!

Student tested & Chef crafted NEW entrees:

- Veggie Lasagna
- Southern Style Chicken Bites
- Tangerine Chicken
- Meatball Spaghetti Bowl
- BBQ Pulled Pork Sandwich
- Chicken & Waffles
- Italian Pasta Bake

Be on the lookout for these new entrees!



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

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