

November | 2022

Independence High School BREAKFAST MENU

Menu Subject to Change Based on Product Availability.



Kids who eat well,
learn better!

Students can choose
from hot & cold
entrees, fresh fruit,
100% juice, and skim
or low-fat milk to
start the day right!



FULTON COUNTY SCHOOLS

SCHOOL NUTRITION

Tasty Eats

WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	1 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	2 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	3 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	4 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
14 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	8 Election Day Remote Learning Day	9 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	10 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	11 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
21 Thanksgiving Holiday Schools Closed	15 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	16 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	17 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	18 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
28 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	22 Thanksgiving Holiday Schools Closed	23 Thanksgiving Holiday Schools Closed	24 Thanksgiving Holiday Schools Closed	25 Thanksgiving Holiday Schools Closed
	29 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	30 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit		

daily assorted milk • daily fresh fruits • 100% fruit juice
locally sourced ingredients offered regularly

Breakfast Price
Student: \$1.25
Reduced: \$0.30
Adult: \$2.00

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Independence High School LUNCH MENU

Menu Subject to Change Based on Product Availability.

Did You Know:

Nutritious School Meals Help Kids Learn!

- ✓ Improves test scores
- ✓ Helps with comprehension & memory
- ✓ Increased attendance
- ✓ Improves diet health
- ✓ Reduces visits to the school nurse



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch Price Student: \$2.70 Reduced: \$0.40 Adult: \$4.00</p>	<p>1 Veggie Lasagna with Breadstick Fresh Deli Sub Signature Side Salad Corn & Bean Salsa</p>	<p>2 General Tso's Chicken with Brown Rice Chicken Filet Sandwich Signature Side Salad Baby Carrots</p>	<p>3 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie</p>	<p>4 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots</p>
<p>7 Southern Style Chicken Bites with Roll Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots & Cucumbers</p>	<p>8 Election Day Remote Learning Day</p>	<p>9 General Tso's Chicken with Brown Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots & Cucumbers</p>	<p>10 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie</p>	<p>11 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots</p>
<p>14 Tangerine Chicken with Rice Cheeseburger Signature Side Salad Baby Carrots</p>	<p>15 Chicken Tenders with Breadstick Fresh Deli Sub Signature Side Salad Corn & Bean Salsa</p>	<p>16 General Tso's Chicken with Brown Rice Classic Pizza Slice Signature Side Salad Baby Carrots</p>	<p>17 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie</p>	<p>18 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots</p>
<p>21 Thanksgiving Holiday Schools Closed</p>	<p>22 Thanksgiving Holiday Schools Closed</p>	<p>23 Thanksgiving Holiday Schools Closed</p>	<p>24 Thanksgiving Holiday Schools Closed</p>	<p>25 Thanksgiving Holiday Schools Closed</p>
<p>28 Chicken & Waffles Classic Pizza Slice Baby Carrots</p>	<p>29 Bacon Cheeseburger Fresh Deli Sub Baby Carrots Corn & Bean Salsa</p>	<p>30 General Tso's Chicken with Brown Rice Chicken Filet Sandwich Signature Side Salad Baby Carrots</p>	<p>Daily offerings: Assorted milk • Assorted fresh fruits & veggies <i>locally sourced ingredients offered regularly</i></p>	