

# Middle School

# BREAKFAST MENU

Menu Subject to Change Based on Product Availability.

## March | 2020

Blastoff with  
the Café

National  
School  
Breakfast  
Week!



**SCHOOL  
BREAKFAST**  
OUT OF THIS WORLD!

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](http://fcsnutrition.com) for more info!

This institution is an equal opportunity provider.

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <p>2<br/>National School Breakfast Week<br/>Pancake &amp; Sausage Bites<br/>Mini Pancakes<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p> | <p>3<br/>National School Breakfast Week<br/>Chicken Biscuit<br/>French Toast Sticks<br/>Yogurt Parfait with<br/>Cinnamon Toast Crunch Bar<br/>Assorted Fresh Fruit</p> | <p>4<br/>National School Breakfast Week<br/>Sausage, Egg &amp; Cheese<br/>Croissant<br/>Pancake &amp; Sausage on a Stick<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p> | <p>5<br/>National School Breakfast Week<br/>Sausage Biscuit<br/>French Toast Sticks<br/>Smoothie with Blueberry<br/>Muffin<br/>Assorted Fresh Fruit</p> | <p>6<br/>National School Breakfast Week<br/>Chicken Biscuit<br/>Waffles &amp; Sausage Links<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>  |
| <p>9<br/>Pancake &amp; Sausage Bites<br/>Mini Pancakes<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>                                    | <p>10<br/>Chicken Biscuit<br/>French Toast Sticks<br/>Yogurt Parfait with<br/>Cinnamon Toast Crunch Bar<br/>Assorted Fresh Fruit</p>                                   | <p>11<br/>Sausage, Egg &amp; Cheese<br/>Croissant<br/>Pancake &amp; Sausage on a Stick<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>                                   | <p>12<br/>Sausage Biscuit<br/>French Toast Sticks<br/>Smoothie with Blueberry<br/>Muffin<br/>Assorted Fresh Fruit</p>                                   | <p>13<br/>Schools Closed<br/>Teacher Workday</p>   |
| <p>16<br/>Pancake &amp; Sausage Bites<br/>Mini Pancakes<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>                                   | <p>17<br/>Chicken Biscuit<br/>French Toast Sticks<br/>Yogurt Parfait with<br/>Cinnamon Toast Crunch Bar<br/>Assorted Fresh Fruit</p>                                   | <p>18<br/>Sausage, Egg &amp; Cheese<br/>Croissant<br/>Pancake &amp; Sausage on a Stick<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>                                   | <p>19<br/>Sausage Biscuit<br/>French Toast Sticks<br/>Smoothie with Blueberry<br/>Muffin<br/>Assorted Fresh Fruit</p>                                   | <p>20<br/>Chicken Biscuit<br/>Waffles &amp; Sausage Links<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>                                    |
| <p>23<br/>Pancake &amp; Sausage Bites<br/>Mini Pancakes<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>                                   | <p>24<br/>Schools Closed<br/>Teacher Workday</p>   | <p>25<br/>Sausage, Egg &amp; Cheese<br/>Croissant<br/>Pancake &amp; Sausage on a Stick<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>                                   | <p>26<br/>Sausage Biscuit<br/>French Toast Sticks<br/>Smoothie with Blueberry<br/>Muffin<br/>Assorted Fresh Fruit</p>                                   | <p>27<br/>Chicken Biscuit<br/>Waffles &amp; Sausage Links<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>                                    |
| <p>30<br/>Pancake &amp; Sausage Bites<br/>Mini Pancakes<br/>Assorted Cereals<br/>Assorted Fresh Fruit</p>                                   | <p>31<br/>Chicken Biscuit<br/>French Toast Sticks<br/>Yogurt Parfait with<br/>Cinnamon Toast Crunch Bar<br/>Assorted Fresh Fruit</p>                                   | <p>Daily Assorted Milk • Daily 100% Juice<br/>                     Locally Sourced Ingredients Offered Regularly<br/> <b>Daily Vegetarian Option</b></p>                   |   | <p>Breakfast Price<br/>                     Student \$1.25<br/>                     Reduced: \$0.30<br/>                     Adult: \$1.60</p> |

# March | 2020

# Middle School

# LUNCH MENU

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 OR 217N@Kellyservices.com

## MONDAY

**2**  
 Pulled BBQ Pork Sandwich  
 Southern Style Chicken Bites  
 with Garlic Breadstick  
 Broccoli Cheddar Soup with  
 Garlic Breadstick  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Baby Carrots  
 Steamed Corn

**9**  
 Salisbury Steak with Roll  
 Chicken & Waffles  
 Bean & Cheese Enchilada  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Baby Carrots  
 Mashed Potatoes

**16**  
 Chicken Nuggets with  
 Garlic Breadstick  
 Cheeseburger  
 Mozzarella Cheese Sticks  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salads  
 Baby Carrots  
 Tater Tots

**23**  
 Italian Pasta Bake  
 with Texas Toast  
 Chicken Tenders  
 with Texas Toast  
 Mini Cheese Calzone  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Baby Carrots  
 Crinkle Fries

**30**  
 Pulled BBQ Pork Sandwich  
 Southern Style Chicken Bites  
 with Garlic Breadstick  
 Broccoli Cheddar Soup with  
 Garlic Breadstick  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Baby Carrots  
 Steamed Corn

## TUESDAY

**3**  
 Tangerine Chicken  
 with Brown Rice  
 Meat Lover's Pizza  
 Veggie Burger  
 Jamwich  
 Fresh Deli Subs  
 Chef Selection Salad  
 Signature Side Salad  
 Steamed Broccoli

**10**  
 Sichuan Chicken  
 with Chow Mein Noodles  
 Mini Pretzel Bites  
 with Cheese Dip  
 Buffalo Chicken Pizza  
 Jamwich  
 Fresh Deli Subs  
 Chef Selection Salad  
 Signature Side Salad  
 Steamed Broccoli

**17**  
 General Tso's Chicken  
 with Brown Rice  
 Meat Lover's Pizza  
 Black Bean Quesadilla  
 Jamwich  
 Fresh Deli Subs  
 Chef Selection Salad  
 Signature Side Salad  
 Peas & Carrots

**24**  
**Schools Closed**  
**Teacher Workday**

**31**  
 Tangerine Chicken  
 with Brown Rice  
 Meat Lover's Pizza  
 Veggie Burger  
 Jamwich  
 Fresh Deli Subs  
 Chef Selection Salad  
 Signature Side Salad  
 Steamed Broccoli

## WEDNESDAY

**4**  
 Tex Mex Nachos  
 Cheese Nachos  
 Mini Burgers  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Baby Carrots  
 Black Beans

**11**  
 White Queso Grande Nachos  
 White Queso Nachos  
 Hotdog  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Baby Carrots  
 Sweet Waffle Fries

**18**  
 Tex Mex Nachos  
 Cheese Nachos  
 Grilled Chicken & Cheese  
 Sandwich  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Baby Carrots  
 Black Beans

**25**  
 Grande White Queso Nachos  
 White Queso Nachos  
 Chicken Filet Sandwich  
 Cheese Pizza  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Baby Carrots  
 Black Beans

## THURSDAY

**5**  
**Breakfast for Lunch:**  
 Sausage Waffle Sandwich  
 Pepperoni Pizza  
 Twisted Mozzarella Stuffed  
 Breadsticks  
 Jamwich  
 Fresh Deli Subs  
 Chef Selection Salad  
 Signature Side Salad  
 Tater Tots

**12**  
 BBQ Pulled Pork Sliders  
 Pepperoni Pizza  
 Tomato Basil Soup  
 with Grilled Cheese  
 Jamwich  
 Fresh Deli Subs  
 Chef Selection Salad  
 Signature Side Salad  
 Baked Beans

**19**  
 Southern Breaded Chicken  
 with Roll  
 Pepperoni Pizza  
 Veggie Lasagna with Roll  
 Jamwich  
 Fresh Deli Subs  
 Chef Selection Salad  
 Signature Side Salad  
 Steamed Broccoli

**26**  
 Chili with Cheez-Its  
 Pepperoni Pizza  
 Cheese Quesadilla  
 Jamwich  
 Fresh Deli Subs  
 Chef Selection Salad  
 Signature Side Salad  
 Sweet Waffle Fries

## FRIDAY

**6**  
 Popcorn Shrimp with Mac &  
 Cheese  
 Spicy Chicken Sandwich  
 Cheese Pizza  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Carrot, Cucumber & Cherry  
 Tomato  
 Mixed Veggies

**13**  
**Schools Closed**  
**Teacher Workday**

**20**  
 Popcorn Shrimp  
 with Mac & Cheese  
 Mini Burgers  
 Cheese Pizza  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Carrot, Cucumber & Cherry  
 Tomato  
 Edamame Succotash

**27**  
 Seafood Basket  
 Cheese Pizza  
 Loaded Burger  
 Fresh Deli Subs  
 Wrap of the Day  
 Chef Selection Salad  
 Carrot, Cucumber & Cherry  
 Tomato  
 Green Beans  
 Chocolate Chip Cookie

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Celebrate with the Cafe

**Harvest of the Month: Grapefruit!**



Daily assorted milk • Daily fresh fruits & veggies  
 All grains offered are whole grain-rich  
 Locally Sourced Ingredients Offered Regularly  
**Daily Vegetarian Option**

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

