

September | 2019

Middle School

BREAKFAST MENU



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!



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



@fcsnutrition

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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 Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	4 Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	5 Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	6 Chicken Biscuit Breakfast Taquito Assorted Cereals Assorted Fresh Fruit
9 Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	10 Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	11 Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	12 Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	13 Chicken Biscuit Breakfast Taquito Assorted Cereals Assorted Fresh Fruit
16 Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	17 Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	18 Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	19 Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	20 Chicken Biscuit Breakfast Taquito Assorted Cereals Assorted Fresh Fruit
23 Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	24 Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	25 Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	26 Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	27 Chicken Biscuit Breakfast Taquito Assorted Cereals Assorted Fresh Fruit
30 Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit				

Daily Assorted Milk • Daily 100% Juice
 Locally Sourced Ingredients Offered Regularly
Daily Vegetarian Option

Menu Subject to Change Based on Product Availability.

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

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LUNCH MENU

Menu Subject to Change Based on Product Availability.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Labor Day Schools Closed	3 Sichuan Chicken with Veggie Fried Rice Buffalo Chicken Pizza Pretzel Bites with Cheese Dip Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	4 Fajita Chicken Nachos White Queso Nachos Hotdog Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Sweet Potato Waffle Fries	5 BBQ Pulled Pork Sliders Pepperoni Pizza Tomato Basil Soup with Grilled Cheese Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Baked Beans	6 Filet of Fish Sandwich Chicken Taquito Cheese Pizza Fresh Deli Subs Wrap of the Day Chef Selection Salad Carrot, Cucumber & Cherry Tomato NEW Buffalo Cauliflower	
9 Chicken Nuggets with Garlic Breadstick Cheese Steakburger Mozzarella Sticks Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Tater Tots	10 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	11 Tex Mex Nachos Cheese Nachos Grilled Chicken & Cheese Sandwich Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	12 Southern Breaded Chicken with Roll Pepperoni Pizza Veggie Lasagna with Roll Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	13 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	
16 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 Cut Fries	17 Teriyaki Chicken with Brown Rice Buffalo Chicken Pizza Bean & Cheese Enchilada Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	18 Grande White Queso Nachos White Queso Nachos Chicken Filet Sandwich Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	19 Breakfast for Lunch: Cheesy Eggs with Grits & Sausage Links Pepperoni Pizza Mini Ravioli with Garlic Breadstick Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Tater Tots	20 Seafood Basket Meatloaf with Roll Cheese Pizza Fresh Deli Subs Wrap of the Day Chef Selection Salad Carrot, Cucumber & Cherry Tomato Mashed Potatoes Chocolate Chip Cookie	
23 Chicken Alfredo with Garlic Breadstick Southern Style Chicken Bites with Garlic Breadstick Veggie Burger Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Tater Tots	24 Tangerine Chicken with Brown Rice Meat Lover's Pizza Broccoli Cheddar Soup with Garlic Breadstick Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	25 Tex Mex Nachos Cheese Nachos Mini Burgers Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	26 Southern Breaded Chicken with Roll Pepperoni Pizza Twisted Mozzarella Stuffed Breadsticks Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Corn	27 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	
30 Salisbury Steak with Roll Chicken & Waffles Cheese Stuffed Shells Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Mashed Potatoes	Daily assorted milk • Daily fresh fruits & veggies All grains offered are whole grain-rich <i>Locally Sourced Ingredients Offered Regularly</i> Daily Vegetarian Option			Lunch Price Student \$2.70 Reduced: \$0.40 Adult: \$3.45	



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Celebrate with the Cafe

Hard Core Apple Day 9/13
 Breakfast for Lunch 9/19
 World School Milk Day 9/25
 Hispanic Heritage Month

