

December | 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

facebook.com/fcsnutrition

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 Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	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 Waffles & Sausage Patty 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 Waffles & Sausage Patty 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 Waffles & Sausage Patty Assorted Cereals Assorted Fresh Fruit
23 Schools Closed Winter Break	24 Schools Closed Winter Break	25 Schools Closed Winter Break	26 Schools Closed Winter Break	27 Schools Closed Winter Break
30 Schools Closed Winter Break	31 Schools Closed Winter Break			

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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Middle School

LUNCH MENU

Menu Subject to Change Based on Product Availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Salisbury Steak with Roll Chicken & Waffles Bean & Cheese Enchilada Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Mashed Potatoes</p>	<p>3 Sichuan Chicken with Veggie Fried Rice Mini Pretzel Bites with Dipping Sauce Buffalo Chicken Pizza Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli</p>	<p>4 Fajita Chicken Nachos White Queso Nachos Hotdog Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Sweet Waffle Fries</p>	<p>5 BBQ Pulled Pork Slides Pepperoni Pizza Tomato Basil Soup with Grilled Cheese Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Baked Beans</p>	<p>6 Filet of Fish Sandwich Chicken Taquito Cheese Pizza Fresh Deli Subs Wrap of the Day Chef Selection Salad Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower</p>
<p>9 Chicken Nuggets with Garlic Breadstick Cheese Steakburger Mozzarella Sticks Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Steamed Broccoli</p>	<p>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</p>	<p>11 Tex Mex Nachos Cheese Nachos Grilled Chicken & Cheese Sandwich Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans</p>	<p>12 Breakfast for Lunch Sausage, Egg, & Cheese Croissant Pepperoni Pizza Veggie Lasagna with Roll Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Tater Tots</p>	<p>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</p>
<p>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 Fries</p>	<p>17 Teriyaki Chicken with Brown Rice Buffalo Chicken Pizza Cheese Stuffed Shells Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli</p>	<p>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</p>	<p>19 Chicken of the Day with Garlic Breadstick Pepperoni Pizza NEW Cheese Quesadilla Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Green Beans</p>	<p>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</p>
<p>23 Schools Closed</p> <p>Winter Break</p>	<p>24 Schools Closed</p> <p>Winter Break</p>	<p>25 Schools Closed</p> <p>Winter Break</p>	<p>26 Schools Closed</p> <p>Winter Break</p>	<p>27 Schools Closed</p> <p>Winter Break</p>
<p>30 Schools Closed</p> <p>Winter Break</p>	<p>31 Schools Closed</p> <p>Winter Break</p>			<p>Lunch Price Student \$2.70 Reduced: \$0.40 Adult: \$3.45</p>

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

*Celebrate with
 the Cafe*

**Breakfast for Lunch
 12/12**



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