

# January | 2020



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

This institution is an equal opportunity provider.

FULTON COUNTY SCHOOLS  
**SCHOOL NUTRITION**  
*Tasty Ents*  
WHERE STUDENTS COME FIRST

# Middle School BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	<b>7</b> Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	<b>8</b> Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	<b>9</b> Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	<b>10</b> Chicken Biscuit Waffles & Sausage Patty Assorted Cereals Assorted Fresh Fruit
<b>13</b> Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	<b>14</b> Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	<b>15</b> Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	<b>16</b> Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	<b>17</b> Chicken Biscuit Waffles & Sausage Patty Assorted Cereals Assorted Fresh Fruit
<b>20</b> Schools Closed  M.L. King Jr. Holiday	<b>21</b> Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	<b>22</b> Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	<b>23</b> Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	<b>24</b> Chicken Biscuit Waffles & Sausage Patty Assorted Cereals Assorted Fresh Fruit
<b>27</b> Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	<b>28</b> Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	<b>29</b> Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	<b>30</b> Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	<b>31</b> Chicken Biscuit Waffles & Sausage Patty 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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OR 217N@Kellyservices.com

# Middle School

# LUNCH MENU

Menu Subject to Change Based on Product Availability.

FULTON COUNTY SCHOOLS  
**SCHOOL NUTRITION**  
*Truly Eats*  
WHERE STUDENTS COME FIRST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> 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	<b>7</b> 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	<b>8</b> Tex Mex Nachos Cheese Nachos Mini Burgers Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	<b>9</b> Chicken of the Day with Roll Pepperoni Pizza Twisted Mozzarella Stuffed Breadsticks Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Corn	<b>10</b> 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
<b>13</b> Salisbury Steak with Roll Chicken & Waffles Bean & Cheese Enchilada Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Mashed Potatoes	<b>14</b> 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	<b>15</b> Fajita Chicken Nachos White Queso Nachos Hotdog Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Sweet Waffle Fries	<b>16</b> BBQ Pulled Pork Sliders Pepperoni Pizza Tomato Basil Soup with Grilled Cheese Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Baked Beans	<b>17</b> Filet of Fish Sandwich Chicken Taquito Cheese Pizza Fresh Deli Subs Wrap of the Day Chef Selection Salad Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower
<b>20</b> Schools Closed M. L. King Jr. Holiday	<b>21</b> 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	<b>22</b> Tex Mex Nachos Cheese Nachos Grilled Chicken & Cheese Sandwich Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	<b>23</b> Southern Breaded Chicken with Roll Pepperoni Pizza Veggie Lasagna with Roll Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	<b>24</b> 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
<b>27</b> Super Bowl Week 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	<b>28</b> Super Bowl Week Teriyaki Chicken with Brown Rice Buffalo Chicken Pizza Cheese Stuffed Shells Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	<b>29</b> Super Bowl Week Seafood Basket Chicken Filet Sandwich Cheese Pizza Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Mashed Potatoes	<b>30</b> Super Bowl Week SOUPER BOWL: Chili VS. Broccoli Cheddar Soup Pepperoni Pizza Cheese Quesadilla Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Green Beans	<b>31</b> Super Bowl Week Buffalo Wings with Nachos Cheese Nachos Loaded Burger Fresh Deli Subs Wrap of the Day Chef Selection Salad Carrot, Cucumber & Cherry Tomato Black Beans Chocolate Chip Cookie

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

Tackle the Day with School Nutrition

**Super Bowl LIV**

**1/27-1/31**

*Celebrate with  
the Cafe*



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