

March | 2023

Middle School BREAKFAST MENU

Menu Subject to Change Based on Product Availability.

Celebrate with
the Café



National School
Breakfast Week
3/6-3/10

FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Eats
WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| <p>Breakfast Price Student: \$1.25 Reduced: \$0.30 Adult: \$2.00</p> | | <p>1 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p> | <p>2 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p> | <p>3 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p> |
| <p>6 National School Breakfast Week Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p> | <p>7 National School Breakfast Week Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p> | <p>8 National School Breakfast Week Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p> | <p>9 National School Breakfast Week <u>Limited Time Only Breakfast Special:</u> Super Sunshine Lemon Bread (V) Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p> | <p>10 National School Breakfast Week Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p> |
| <p>13 Professional Development Day Schools Closed</p> | <p>14 Teacher Workday Schools Closed</p> | <p>15 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p> | <p>16 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p> | <p>17 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p> |
| <p>20 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p> | <p>21 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p> | <p>22 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p> | <p>23 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p> | <p>24 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p> |
| <p>27 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p> | <p>28 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p> | <p>29 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p> | <p>30 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p> | <p>31 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p> |

daily assorted choice of milk • daily fresh fruits • 100% fruit juice
locally sourced ingredients offered regularly
daily vegetarian option (V)

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Middle School LUNCH MENU

Menu Subject to Change Based on Product Availability.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch Price
Student: \$2.70
Reduced: \$0.40
Adult: \$4.00

Daily offerings:
Chef selection salads • Fresh fruits & veggies
Assorted choice of milk
locally sourced ingredients offered regularly
vegetarian option (V)

6
Chicken & Waffles
Belgian Waffle with Scrambled Eggs (V)
Mini Cheese Calzone (V)
Fresh Deli Subs
Baby Carrots • Tater Tots

7
Spicy Sichuan Chicken with Rice
Asian Style MorningStar Chik'n with Rice (V)
Classic Pizza Slice:
Cheese (V) or Buffalo Chicken
Wrap of the Day
Signature Side Salad
Steamed Broccoli

1
Tex Mex Nachos
Cheese Nachos (V)
Cheeseburger
Veggie Burger (V)
Fresh Deli Subs
Baby Carrots • Black Beans

2
Crispy Chicken of the Day with Texas Toast
Classic Pizza Slice:
Cheese (V) or Pepperoni
Jammer (V) • Wrap of the Day
Signature Side Salad • Steamed Corn
Chocolate Chip Cookie

3
Classic Pizza Slice: Cheese (V)
Spicy Chicken Sandwich
Cod Nuggets with Mac & Cheese
Mac & Cheese (V)
Fresh Deli Subs
Carrot, Cucumber & Cherry Tomato
Kickin' Cajun Carrots

13
**Professional Development Day
Schools Closed**

14
**Teacher Workday
Schools Closed**

8
Fajita Chicken Nachos
Cheese Nachos (V)
Turkey Hot Dog • Jammer (V)
Fresh Deli Subs
Baby Carrots
Sweet Potato Waffle Fries

9
Crispy Chicken of the Day with Cornbread
Classic Pizza Slice: Cheese (V) or Pepperoni
3-Bean Chili with Cornbread
Wrap of the Day
Signature Side Salad • Baked Beans
Chocolate Chip Cookie

10
Classic Pizza Slice: Cheese (V)
Filet of Fish Sandwich
Mini Cheese Quesadilla (V)
Veggie Burger (V)
Fresh Deli Subs
Carrot, Cucumber & Cherry Tomato
Buffalo Cauliflower

20
Veggie Italian Pasta Bake with Breadstick (V)
Chicken Tenders with Breadstick
MorningStar Chik'n Nuggets with Breadstick (V)
Fresh Deli Subs
Baby Carrots • Steamed Broccoli

21
Teriyaki Chicken with Rice
Classic Pizza Slice:
Cheese (V) or Buffalo Chicken
Jammer (V)
Wrap of the Day
Signature Side Salad
Edamame Succotash

15
Fajita Chicken Nachos
Cheese Nachos (V)
Cheeseburger
Veggie Burger (V)
Fresh Deli Subs
Baby Carrots
Steamed Corn

16
Crispy Chicken of the Day with Cornbread
3-Bean Chili with Cornbread (V)
Classic Pizza Slice: Cheese (V) or Pepperoni
Wrap of the Day
Signature Side Salad
Roasted Green Beans
Chocolate Chip Cookie

17
Classic Pizza Slice: Cheese (V)
Popcorn Shrimp with Mac & Cheese
Mac & Cheese (V) • Steak Sliders
Fresh Deli Subs
Carrot, Cucumber & Cherry Tomato
Baked Beans

27
Southern Style Chicken Bites with Breadstick
MorningStar Chik'n Nuggets with Breadstick (V)
Veggie Lasagna with Breadstick (V)
Fresh Deli Subs
100% Fruit Slushie
Baby Carrots • Steamed Broccoli

28
Chicken Teriyaki Dumplings
Teriyaki MorningStar Chik'n with Rice (V)
Classic Pizza Slice:
Cheese (V) or Meat Lover's
Wrap of the Day
Signature Side Salad
Roasted Green Beans

22
Grande Nachos
Cheese Nachos (V)
Turkey Hot Dog
Veggie Burger (V)
Fresh Deli Subs
Baby Carrots • Black Beans

23
Crispy Chicken of the Day with Texas Toast
Classic Pizza Slice: Cheese (V) or Pepperoni
Mozzarella Cheese Sticks (V)
Wrap of the Day
Signature Side Salad • Roasted Green Beans
Chocolate Chip Cookie

24
Classic Pizza Slice: Cheese (V)
Seafood Basket with Shrimp
Chicken Filet Sandwich
3-Bean Chili with Hushpuppies (V)
Fresh Deli Subs
Carrot, Cucumber & Cherry Tomato
Tater Tots

29
Tex Mex Nachos
Cheese Nachos (V)
Cheeseburger
Veggie Burger (V)
Fresh Deli Subs
Baby Carrots • Black Beans

30
Crispy Chicken of the Day with Texas Toast
Classic Pizza Slice:
Cheese (V) or Pepperoni
Jammer (V) • Wrap of the Day
Signature Side Salad • Steamed Corn
Chocolate Chip Cookie

31
Classic Pizza Slice: Cheese (V)
Spicy Chicken Sandwich
Cod Nuggets with Mac & Cheese
Mac & Cheese (V)
Fresh Deli Subs
Carrot, Cucumber & Cherry Tomato
Kickin' Cajun Carrots

Did You

Knew:

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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SCHOOL NUTRITION
Simply Eat.
WHERE STUDENTS COME FIRST

