

# February | 2020

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

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Sausage Biscuit Mini Pancakes Assorted Cereals Assorted Fresh Fruit	<b>4</b> Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	<b>5</b> Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	<b>6</b> Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	<b>7</b> Chicken Biscuit Waffles & Sausage Links Assorted Cereals Assorted Fresh Fruit
<b>10</b> Sausage Biscuit Mini Pancakes Assorted Cereals Assorted Fresh Fruit	<b>11</b> Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	<b>12</b> Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	<b>13</b> Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	<b>14</b> Chicken Biscuit Waffles & Sausage Links Assorted Cereals Assorted Fresh Fruit
<b>20</b> Schools Closed Presidents' Day	<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 Links Assorted Cereals Assorted Fresh Fruit
<b>27</b> Sausage Biscuit 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 Links 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

# February | 2020

# Middle School

# LUNCH MENU

Menu Subject to Change Based on Product Availability.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</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>4</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>5</b> Tex Mex Nachos Cheese Nachos Mini Burgers Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	<b>6</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>7</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>10</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>11</b> Sichuan Chicken with Veggie Fried Rice Mini Pretzel Bites with Cheese Dip Buffalo Chicken Pizza Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	<b>12</b> Fajita Chicken Nachos White Queso Nachos Hotdog Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Sweet Waffle Fries	<b>13</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>14</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>17</b> Schools Closed Presidents' Day	<b>18</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>19</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>20</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>21</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>24</b> 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>25</b> Teriyaki Chicken with Brown Rice Buffalo Chicken Pizza Cheese Stuffed Shells Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	<b>26</b> Grande White Queso Nachos Chicken Filet Sandwich Cheese Pizza Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	<b>27</b> Chili with Cheez-Its Pepperoni Pizza Cheese Quesadilla Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Sweet Waffle Fries	<b>28</b> 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

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

Harvest of the Month:  
 Strawberries!



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