

# August | 2019

## Fulton County Schools

### Middle School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>12</b> Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Fresh Fruit	<b>13</b> Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Fresh Fruit	<b>14</b> Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Fresh Fruit	<b>15</b> Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Fresh Fruit	<b>16</b> Chicken Biscuit Breakfast Taquito Assorted Cereals Fresh Fruit
<b>19</b> Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Fresh Fruit	<b>20</b> Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Fresh Fruit	<b>21</b> Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Fresh Fruit	<b>22</b> Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Fresh Fruit	<b>23</b> Chicken Biscuit Breakfast Taquito Assorted Cereals Fresh Fruit
<b>26</b> Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Fresh Fruit	<b>27</b> Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Fresh Fruit	<b>28</b> Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Fresh Fruit	<b>29</b> Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Fresh Fruit	<b>30</b> Chicken Biscuit Breakfast Taquito Assorted Cereals Fresh Fruit

*School Breakfast fuels classroom performance!*

*Students can choose from hot & cold entrees, fresh fruit, 100% juice, and skim or low-fat milk to start the day right!*




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

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

**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.

Menu Subject to Change Based on Product Availability.



# August 2019 Fulton County Schools Middle School Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

12  
Chicken Nuggets  
with Garlic Breadstick  
Cheese Steakburger  
Mozzarella Sticks  
Fresh Deli Subs  
Wrap of the Day  
Chef Selection Salad  
Baby Carrots  
Tater Tots

13  
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

14  
Tex Mex Nachos  
Cheese Nachos  
Grilled Chicken & Cheese  
Sandwich  
Fresh Deli Subs  
Wrap of the Day  
Chef Selection Salad  
Baby Carrots  
Black Beans

15  
Southern Breaded Chicken  
with Roll  
Pepperoni Pizza  
Veggie Lasagna  
with Garlic Breadstick  
Jamwich  
Fresh Deli Subs  
Chef Selection Salad  
Signature Side Salad  
Steamed Broccoli

16  
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

19  
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

20  
Teriyaki Chicken  
with Brown Rice  
Buffalo Chicken Pizza  
Bean & Cheese Enchilada  
Jamwich  
Fresh Deli Subs  
Chef Selection Salad  
Signature Side Salad  
Steamed Broccoli

21  
Grande White Queso Nachos  
White Queso Nachos  
Chicken Filet Sandwich  
Fresh Deli Subs  
Wrap of the Day  
Chef Selection Salad  
Baby Carrots  
Black Beans

22  
Chicken of the Day  
with Garlic Breadstick  
Pepperoni Pizza  
Mini Ravioli  
with Garlic Breadstick  
Jamwich  
Fresh Deli Subs  
Chef Selection Salad  
Signature Side Salad  
Green Beans

23  
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

26  
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

27  
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

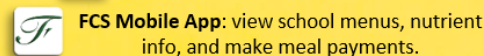
28  
Tex Mex Nachos  
Cheese Nachos  
Mini Burgers  
Fresh Deli Subs  
Wrap of the Day  
Chef Selection Salad  
Baby Carrots  
Black Beans

29  
Southern Breaded Chicken  
with Roll  
Pepperoni Pizza  
Twisted Mozzarella Stuffed  
Breadsticks  
Jamwich  
Fresh Deli Subs  
Chef Selection Salad  
Signature Side Salad  
Steamed Corn

30  
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

*Menu Subject to Change Based on Product Availability.*

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



Visit [fcsnutrition.com](http://fcsnutrition.com) for more info!  
This institution is an equal opportunity provider.

## Welcome Back!

Student tested & Chef crafted NEW entrees:

- Italian Pasta Bake with Texas Toast
- Meatloaf
- Southern Style Chicken Bites
- Tangerine Chicken

*Be on the lookout for locally grown watermelon!*



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

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