

November | 2019

Middle School BREAKFAST MENU

FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Ents
WHERE STUDENTS COME FIRST



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
4 Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	5 Schools Closed Teacher Workday	6 Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	7 Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	1 Chicken Biscuit Breakfast Taquito Assorted Cereals Assorted Fresh Fruit
11 Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	12 Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	13 Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	14 Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	8 Chicken Biscuit Breakfast Taquito Assorted Cereals Assorted Fresh Fruit
18 Cheesy Eggs with Grits & Sausage Links Mini Pancakes Assorted Cereals Assorted Fresh Fruit	19 Chicken Biscuit French Toast Sticks Yogurt Parfait with Cinnamon Toast Crunch Bar Assorted Fresh Fruit	20 Sausage, Egg & Cheese Croissant Pancake & Sausage on a Stick Assorted Cereals Assorted Fresh Fruit	21 Sausage Biscuit French Toast Sticks Smoothie with Blueberry Muffin Assorted Fresh Fruit	15 Chicken Biscuit Breakfast Taquito Assorted Cereals Assorted Fresh Fruit
25 Schools Closed	26 Schools Closed	27 Schools Closed	28 Schools Closed	22 Chicken Biscuit Breakfast Taquito Assorted Cereals Assorted Fresh Fruit
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	29 Schools Closed Thanksgiving 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

November | 2019

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: \$3.45			1 Filet of Fish Sandwich Chicken Taquito Cheese Pizza Fresh Deli Subs Wrap of the Day Chef Selection Salad Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower
4 Chicken Nuggets with Garlic Breadstick Cheese Steakburger Mozzarella Sticks Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Tater Tots	5 Schools Closed Teacher Workday	6 Tex Mex Nachos Cheese Nachos Grilled Chicken & Cheese Sandwich Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	7 Southern Breaded Chicken with Roll Pepperoni Pizza Veggie Lasagna with Roll Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	8 Popcorn Shrimp with Mac & Cheese Mini Burgers Cheese Pizza Fresh Deli Subs Wrap of the Day Chef Selection Salad Carrot, Cucumber & Cherry Tomato Harvest Month Roasted Sweet Potatoes
11 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	12 Teriyaki Chicken with Brown Rice Buffalo Chicken Pizza Bean & Cheese Enchilada Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Broccoli	13 Grande White Queso Nachos White Queso Nachos Chicken Filet Sandwich Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	14 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	15 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
18 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	19 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	20 Tex Mex Nachos Cheese Nachos Mini Burgers Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	21 Southern Breaded Chicken with Roll Pepperoni Pizza Twisted Mozzarella Stuffed Breadsticks Jamwich Fresh Deli Subs Chef Selection Salad Signature Side Salad Steamed Corn	22 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
25 Schools Closed	26 Schools Closed	27 Schools Closed	28 Schools Closed	29 Schools Closed
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break

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 CafeHarvest of the Month:
Sweet Potatoes!

facebook.com/fcsnutrition

FCS Mobile App: view school menus, nutrient info, and make meal payments.

Visit fcsnutrition.com for more info!

NOW HIRING CAFÉ WORKERS

770-497-8337 ext. 215

OR 217N@Kellyservices.com