

September | 2023

Middle School BREAKFAST MENU

Menu Subject to Change Based on Product Availability.



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!



FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Eats
WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily offerings: fresh fruits • 100% fruit juice • choice of milk <i>locally sourced ingredients offered regularly</i> daily vegetarian option (V)			Breakfast Price Student: \$1.25 Reduced: \$0.30 Adult: \$2.75	1 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
4 <i>Schools Closed Labor Day</i>	5 <i>Schools Closed Teachers Workday</i>	6 <i>Schools Closed Professional Development Day</i>	7 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	8 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
11 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	12 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	13 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	14 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	15 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
18 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	19 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	20 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	21 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	22 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
25 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	26 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	27 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	28 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	29 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)

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Middle School

LUNCH MENU



NATIONAL
HISPANIC
HERITAGE MONTH

Daily offerings:

- Chef selection hot sandwiches & chicken basket
- Chef selection salads
- Assorted fresh fruits & veggies
- Choice of milk

locally sourced ingredients offered regularly
vegetarian option (V)

Lunch Price

Student: \$2.70

Reduced: \$0.40

Adult: \$4.75

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Enjoy a variety of on-the-go, student-favorite burgers, hot sandwiches, or chicken baskets through the Express Eats line. <i>Rotating options available daily from the Cafe!</i></p>				
<p>4 <i>Schools Closed Labor Day</i></p>	<p>5 <i>Schools Closed Teachers Workday</i></p>	<p>6 <i>Schools Closed Professional Development Day</i></p>	<p>7 Crispy Chicken of the Day with Roll Classic Pizza Slice: Cheese (V) or Pepperoni Wrap of the Day Signature Side Salad • Tater Tots Chocolate Chip Cookie</p>	<p>1 Classic Pizza Slice: Cheese (V) Filet of Fish Sandwich Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower Tater Tots</p>
<p>11 Chicken & Waffles Mini Cheese Quesadillas (V) Fresh Deli Subs Baby Carrots • Tater Tots</p>	<p>12 Teriyaki Chicken with Fried Rice Classic Pizza Slice: Cheese (V) or Buffalo Chicken Wrap of the Day Signature Side Salad Steamed Broccoli Seasoned Crinkle Fries</p>	<p>13 Grande Walking Nachos Cheese Walking Nachos (V) Mozzarella Cheese Sticks (V) Fresh Deli Subs Baby Carrots Black Beans Tater Tots</p>	<p>14 Crispy Chicken of the Day with Texas Toast Classic Pizza Slice: Cheese (V) or Pepperoni Wrap of the Day Signature Side Salad Seasonal Veggie: Roasted Summer Squash Seasoned Crinkle Fries Chocolate Chip Cookie</p>	<p>8 Classic Pizza Slice: Cheese (V) Popcorn Shrimp with Mac & Cheese Mac & Cheese (V) Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Roasted Green Beans Seasoned Crinkle Fries</p>
<p>18 Italian Pasta Bake with Breadstick Jammer (V) • Fresh Deli Subs 100% Fruit Slushie Baby Carrots • Steamed Broccoli Seasoned Crinkle Fries</p>	<p>19 Chicken Teriyaki Dumplings Classic Pizza Slice: Cheese (V) or Meat Lover's Cheese Stuffed Breadsticks (V) Wrap of the Day Signature Side Salad Roasted Green Beans • Tater Tots</p>	<p>20 Fajita Chicken Nachos Cheese Nachos (V) Fresh Deli Subs Baby Carrots Seasoned Crinkle Fries</p>	<p>21 Crispy Chicken of the Day with Texas Toast Classic Pizza Slice: Cheese (V) or Pepperoni Wrap of the Day Signature Side Salad • Tater Tots Chocolate Chip Cookie</p>	<p>15 Classic Pizza Slice: Cheese (V) Seafood Basket Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Tater Tots</p>
<p>25 Chicken & Waffles Mini Cheese Quesadillas (V) Fresh Deli Subs Baby Carrots • Tater Tots</p>	<p>26 Spicy Sichuan Chicken with Fried Rice Classic Pizza Slice: Cheese (V) or Buffalo Chicken Wrap of the Day Signature Side Salad Steamed Broccoli Seasoned Crinkle Fries</p>	<p>27 Grande Walking Nachos Cheese Walking Nachos (V) Cheese Stuffed Breadsticks (V) Fresh Deli Subs Baby Carrots Tater Tots Limited Time Only: Street Corn</p>	<p>28 Crispy Chicken of the Day with Roll Classic Pizza Slice: Cheese (V) or Pepperoni Jammer (V) • Wrap of the Day Signature Side Salad Baked Beans Seasoned Crinkle Fries Chocolate Chip Cookie</p>	<p>22 Limited time only: Fiesta Fish Tacos Classic Pizza Slice: Cheese (V) Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Kickin' Cajun Carrots Seasoned Crinkle Fries</p>
				<p>29 Classic Pizza Slice: Cheese (V) Filet of Fish Sandwich Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower Tater Tots</p>

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