

Middle School

Meal Kit Menu

FCS will continue to offer FREE Grab & Go Meal Kits.

FREE meals to all children under the age of 18, or under the age of 21 for youth with special needs.

All children, regardless of school enrollment or meal eligibility status, can receive FREE meals.

 Curbside Meal Kit Pick-Up available at 93 schools on Wednesdays from 11:00-1:00.

 Bus Stop Meal Kit Pick-Up available at designated locations on Wednesdays from 10:45-12:00.

BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Mini Pancakes Assorted Fresh Fruit 100% Fruit Juice	Assorted Cereals Assorted Fresh Fruit 100% Fruit Juice	Assorted Cereals Assorted Fresh Fruit 100% Fruit Juice	Pancake & Sausage on a Stick Assorted Fresh Fruit 100% Fruit Juice	Assorted Cereals Assorted Fresh Fruit 100% Fruit Juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Southern Breaded Chicken with Texas Toast Fresh Broccoli Baby Carrots Assorted Fresh Fruit	Jamwich Cucumber Slices Baby Carrots Raisins	Hamburger Corn & Bean Salsa Baby Carrots Assorted Fresh Fruit	Chicken Nuggets OR Chicken Tenders OR Popcorn Chicken Corn & Bean Salsa Baby Carrots Assorted Fresh Fruit	Yogurt & Cheese Pack Cucumber Slices Baby Carrots Applesauce

Please refer to the Food Guidance Sheet for cooking & reheating instructions and safe food handling practices.

Milk provided with meal kits.

*Locally Sourced Ingredients Offered Regularly
Menu Subject to Change Based on Product Availability.*



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Middle School Meal Cost	Per Week
Breakfast & Lunch Meal Kits	FREE