

# February | 2023

# College & Career Academy BREAKFAST MENU

Menu Subject to Change Based on Product Availability.



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!



FULTON COUNTY SCHOOLS  
**SCHOOL NUTRITION**

*Tasty Eats*

WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Sausage Biscuit Doughnut Bites (V) Assorted Cereals (V) Assorted Cereals (V)	7 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	1 Steak Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	2 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	3 Chicken Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)
13 Sausage Biscuit Doughnut Bites (V) Assorted Cereals (V) Assorted Cereals (V)	14 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	8 Steak Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	9 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	10 Chicken Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)
20 Presidents' Day Schools Closed	21 Professional Development Day Schools Closed	15 Steak Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	16 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	17 Chicken Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)
27 Sausage Biscuit Doughnut Bites (V) Assorted Cereals (V) Assorted Cereals (V)	28 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	22 Steak Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	23 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	24 Chicken Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)

daily assorted choice of milk • daily fresh fruits • 100% fruit juice  
locally sourced ingredients offered regularly  
**daily vegetarian option (V)**

**Breakfast Price**  
Student: \$1.25  
Reduced: \$0.30  
Adult: \$2.00

# College & Career Academy

## LUNCH MENU

Menu Subject to Change Based on Product Availability.

### February | 2023

Did You Know:

### Nutritious School Meals Help Kids Learn!

- ✓ Improves test scores
- ✓ Helps with comprehension & memory
- ✓ Increased attendance
- ✓ Improves diet health
- ✓ Reduces visits to the school nurse



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch Price</b> Student: \$0.00 Adult: \$4.00		<b>1</b> General Tso's Chicken with Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Baby Carrots Carrots & Cucumbers	<b>2</b> Crispy Chicken Thigh with Roll Veggie Burger Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie	<b>3</b> Classic Pizza Slice: Cheese or Pepperoni Spicy Chicken Sandwich Fresh Deli Sub Signature Side Salad Carrots & Cucumbers
<b>6</b> Tangerine Chicken with Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub 100% Fruit Slushie Signature Side Salad Carrots & Cucumbers	<b>7</b> Veggie Lasagna with Breadstick Turkey Hot Dog Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	<b>8</b> General Tso's Chicken with Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Baby Carrots Carrots & Cucumbers	<b>9</b> Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese or Meat Lover's Pizza Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie	<b>10</b> Classic Pizza Slice: Cheese or Pepperoni Spicy Chicken Sandwich Fresh Deli Sub Signature Side Salad Carrots & Cucumbers
<b>13</b> Nashville Hot Chicken Nuggets with Breadstick Cheeseburger Veggie Burger Fresh Deli Sub 100% Fruit Slushie Signature Side Salad Carrots & Cucumbers	<b>14</b> Classic Pizza Slice: Cheese or Buffalo Chicken Pizza Philly Beef Sub Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	<b>15</b> General Tso's Chicken with Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Baby Carrots Carrots & Cucumbers	<b>16</b> Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese or Meat Lover's Pizza Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie	<b>17</b> Classic Pizza Slice: Cheese or Pepperoni Spicy Chicken Sandwich Fresh Deli Sub Signature Side Salad Carrots & Cucumbers
<b>20</b> <b>Presidents' Day Schools Closed</b>	<b>21</b> <b>Professional Development Day Schools Closed</b>	<b>22</b> General Tso's Chicken with Rice Mini Cheese Quesadillas Fresh Deli Sub Baby Carrots Carrots & Cucumbers	<b>23</b> Crispy Chicken Thigh with Roll Cheeseburger Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie	<b>24</b> Classic Pizza Slice: Cheese or Pepperoni Spicy Chicken Sandwich Fresh Deli Sub Signature Side Salad Carrots & Cucumbers
<b>27</b> Tangerine Chicken with Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub 100% Fruit Slushie Signature Side Salad	<b>28</b> Veggie Lasagna with Breadstick Turkey Hot Dog Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	<b>Daily offerings:</b> Assorted milk • Assorted fresh fruits & veggies <i>locally sourced ingredients offered regularly</i>		