

# October | 2021

# 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  |
|--|---|--|---|---|
| Daily Assorted Milk • Daily Fresh Fruits<br>100% Fruit Juice<br><i>Locally Sourced Ingredients Offered Regularly</i><br><b>Daily Vegetarian Option</b> |   | <b>Breakfast Price</b><br>Student: FREE<br>Adult: \$1.60                                 |   | 1<br>Chicken Biscuit<br>Assorted Cereals<br>100% Fruit Juice<br>Assorted Fresh Fruit  |
| 4<br>Chicken Biscuit<br>Assorted Cereals<br>100% Fruit Juice<br>Assorted Fresh Fruit   | 5<br>Chicken Biscuit<br>Doughnut Bites<br>100% Fruit Juice<br>Assorted Fresh Fruit  | 6<br>Sausage Biscuit<br>French Toast Sticks<br>100% Fruit Juice<br>Assorted Fresh Fruit  | 7<br>Breakfast Croissant<br>Muffin with Yogurt<br>100% Fruit Juice<br>Assorted Fresh Fruit  | 8<br>Chicken Biscuit<br>Assorted Cereals<br>100% Fruit Juice<br>Assorted Fresh Fruit  |
| 11<br><b>Schools Closed<br/>Columbus Day</b>   | 12<br><b>Schools Closed<br/>Teacher Work Day</b>                                    | 13<br>Sausage Biscuit<br>French Toast Sticks<br>100% Fruit Juice<br>Assorted Fresh Fruit | 14<br>Breakfast Croissant<br>Muffin with Yogurt<br>100% Fruit Juice<br>Assorted Fresh Fruit | 15<br>Chicken Biscuit<br>Assorted Cereals<br>100% Fruit Juice<br>Assorted Fresh Fruit |
| 18<br>Chicken Biscuit<br>Assorted Cereals<br>100% Fruit Juice<br>Assorted Fresh Fruit  | 19<br>Chicken Biscuit<br>Doughnut Bites<br>100% Fruit Juice<br>Assorted Fresh Fruit | 20<br>Sausage Biscuit<br>French Toast Sticks<br>100% Fruit Juice<br>Assorted Fresh Fruit | 21<br>Breakfast Croissant<br>Muffin with Yogurt<br>100% Fruit Juice<br>Assorted Fresh Fruit | 22<br>Chicken Biscuit<br>Assorted Cereals<br>100% Fruit Juice<br>Assorted Fresh Fruit |
| 25<br>Chicken Biscuit<br>Assorted Cereals<br>100% Fruit Juice<br>Assorted Fresh Fruit  | 26<br>Chicken Biscuit<br>Doughnut Bites<br>100% Fruit Juice<br>Assorted Fresh Fruit | 27<br>Sausage Biscuit<br>French Toast Sticks<br>100% Fruit Juice<br>Assorted Fresh Fruit | 28<br>Breakfast Croissant<br>Muffin with Yogurt<br>100% Fruit Juice<br>Assorted Fresh Fruit | 29<br>Chicken Biscuit<br>Assorted Cereals<br>100% Fruit Juice<br>Assorted Fresh Fruit |

Breakfast Croissant = Egg & Cheese Croissant OR Bacon, Egg & Cheese Croissant,  
OR Sausage, Egg, & Cheese Croissant, OR Turkey & Cheese Croissant

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# LUNCH MENU

Menu Subject to Change Based on Product Availability.

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  |
|---|---|--|--|---|
| <p><b>Daily offerings:</b><br/>           Assorted milk • Signature side salad<br/>           Assorted fresh fruits &amp; veggies<br/> <i>Locally Sourced Ingredients Offered Regularly</i></p> |   |  | <p><b>Lunch Price</b><br/>           Student: FREE<br/>           Adult: \$3.45</p>  | <p>1 Classic Pizza Slice:<br/>           Cheese or Meat Lover's<br/>           Spicy Chicken Sandwich<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>  |
| <p>4 Nashville Hot Chicken Nuggets<br/>           Classic Pizza Slice:<br/>           Cheese or Pepperoni<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>              | <p>5 Veggie Lasagna<br/>           with Breadstick<br/>           Philly Cheesesteak<br/>           Fresh Deli Sub<br/>           Corn &amp; Bean Salsa</p> | <p>6 General Tso's Chicken<br/>           with Brown Rice<br/>           Classic Pizza Slice:<br/>           Cheese or Buffalo Chicken<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>  | <p>7 Southern Breaded Chicken with Texas Toast<br/>           Hot Dog<br/>           Fresh Deli Sub<br/>           Corn &amp; Bean Salsa<br/>           Chocolate Chip Cookie</p>  | <p>8 Classic Pizza Slice:<br/>           Cheese or Meat Lover's<br/>           Spicy Chicken Sandwich<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>  |
| <p>11 <b>Schools Closed</b><br/> <b>Columbus Day</b></p>  | <p>12 <b>Schools Closed</b><br/> <b>Teacher Work Day</b></p>  | <p>13 General Tso's Chicken<br/>           with Brown Rice<br/>           Classic Pizza Slice:<br/>           Cheese or Buffalo Chicken<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p> | <p>14 Chicken of the Day with Roll<br/>           Steakburger<br/>           Fresh Deli Sub<br/>           Corn &amp; Bean Salsa<br/>           Chocolate Chip Cookie</p>  | <p>15 Classic Pizza Slice:<br/>           Cheese or Meat Lover's<br/>           Hot Dog<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>                |
| <p>18 Chicken &amp; Waffles<br/>           Classic Pizza Slice:<br/>           Cheese or Pepperoni<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>                     | <p>19 Italian Pasta Bake<br/>           with Breadstick<br/>           Hot Dog<br/>           Fresh Deli Sub<br/>           Corn &amp; Bean Salsa</p>       | <p>20 Chicken Filet Sandwich<br/>           Classic Pizza Slice:<br/>           Cheese or Buffalo Chicken<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>                               | <p>21 Southern Breaded Chicken with Roll<br/>           Classic Pizza Slice:<br/>           Cheese or Meat Lover's<br/>           Fresh Deli Sub<br/>           Corn &amp; Bean Salsa<br/>           Chocolate Chip Cookie</p> | <p>22 Classic Pizza Slice:<br/>           Cheese or Pepperoni<br/>           Spicy Chicken Sandwich<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>    |
| <p>25 Chicken Tenders with Breadstick<br/>           Classic Pizza Slice:<br/>           Cheese or Pepperoni<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>           | <p>26 Chicken Parmesan<br/>           Bacon Cheeseburger<br/>           Fresh Deli Sub<br/>           Corn &amp; Bean Salsa</p>                             | <p>27 Salisbury Steak with Roll<br/>           Classic Pizza Slice:<br/>           Cheese or Buffalo Chicken<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p>                            | <p>28 Chicken of the Day with Roll<br/>           Veggie Burger<br/>           Fresh Deli Sub<br/>           Corn &amp; Bean Salsa<br/>           Chocolate Chip Cookie</p>  | <p>29 Classic Pizza Slice:<br/>           Cheese or Meat Lover's<br/>           Spicy Chicken Sandwich<br/>           Fresh Deli Sub<br/>           Carrots &amp; Cucumbers</p> |