

December | 2021

High School 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 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	7 Chicken Biscuit Breakfast Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit	1 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	2 Chicken Biscuit Breakfast Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	3 Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
13 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	14 Chicken Biscuit Breakfast Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit	8 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	9 Chicken Biscuit Breakfast Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	10 Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
20 Schools Closed Winter Break	21 Schools Closed Winter Break	15 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	16 Chicken Biscuit Breakfast Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	17 Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
27 Schools Closed Winter Break	28 Schools Closed Winter Break	22 Schools Closed Winter Break	23 Schools Closed Winter Break	24 Schools Closed Winter Break
		29 Schools Closed Winter Break	30 Schools Closed Winter Break	31 Schools Closed Winter Break

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

Daily Assorted Milk • Daily Fresh Fruits
100% Fruit Juice

Locally Sourced Ingredients Offered Regularly

Daily Vegetarian Option

Breakfast Price

Student: FREE

Adult: \$1.60

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High School

LUNCH MENU

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Menu Subject to Change Based on Product Availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutritious School Meals Help Kids Learn!</p> <p><i>Did You Know:</i></p> <ul style="list-style-type: none"> ✓ Improves test scores ✓ Helps with comprehension & memory ✓ Increased attendance ✓ Improves diet health ✓ Reduces visits to the school nurse 		<p>1</p> <p>Salisbury Steak with Roll Classic Pizza Slice: Cheese or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Carrots & Cucumbers Mashed Potatoes</p>	<p>2</p> <p>Southern Breaded Chicken with Roll Classic Pizza Slice: Cheese Mini Pepperoni Calzones Veggie Burger Nachos Carrot, Cucumber & Cherry Tomato Baked Beans Chocolate Chip Cookie</p>	<p>3</p> <p>Classic Pizza Slice: Cheese or Pepperoni Crispy Cod Nuggets with Mac & Cheese Mac & Cheese Spicy Deluxe Chicken Sandwich Spicy Sichuan Chicken with Brown Rice Carrots & Cucumbers Peas & Carrots</p>
<p>6</p> <p>Nashville Hot Chicken Nuggets with Breadstick Classic Pizza Slice: Cheese or Pepperoni Cheeseburger Tangerine Chicken with Brown Rice Carrots & Cucumbers Seasoned Crinkle Cut Fries</p>	<p>7</p> <p>Veggie Lasagna with Breadstick Classic Pizza Slice: Cheese or Meat Lover's Philly Cheesesteak Walking Nachos Carrot, Cucumber & Cherry Tomato Black Beans</p>	<p>8</p> <p>Mozzarella Cheese Sticks Classic Pizza Slice: Cheese or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Carrots & Cucumbers Edamame Succotash</p>	<p>9</p> <p>Southern Breaded Chicken with Texas Toast Classic Pizza Slice: Cheese Mini Pepperoni Calzones Hot Dog Nachos Carrot, Cucumber & Cherry Tomato Green Beans Chocolate Chip Cookie</p>	<p>10</p> <p>Classic Pizza Slice: Cheese or Pepperoni Seafood Basket Spicy Deluxe Chicken Sandwich Teriyaki Chicken with Brown Rice Carrots & Cucumbers Steamed Broccoli</p>
<p>13</p> <p>Southern Style Chicken Bites with Roll Classic Pizza Slice: Cheese or Pepperoni Mini Burgers Sriracha Honey Chicken with Brown Rice Carrots & Cucumbers Steamed Broccoli</p>	<p>14</p> <p>Chicken Alfredo with Breadstick Classic Pizza Slice: Cheese or Meat Lover's Veggie Burger Walking Nachos Carrot, Cucumber & Cherry Tomato Mixed Veggies</p>	<p>15</p> <p>Chicken Taquitos Classic Pizza Slice: Cheese or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Carrots & Cucumbers Curly Fries</p>	<p>16</p> <p>Southern Breaded Chicken with Roll Classic Pizza Slice: Cheese Mini Pepperoni Calzones Steakburger Nachos Carrot, Cucumber & Cherry Tomato Baked Beans Chocolate Chip Cookie</p>	<p>17</p> <p>Classic Pizza Slice: Cheese or Pepperoni Crispy Cod Nuggets with Mac & Cheese Mac & Cheese Spicy Deluxe Chicken Sandwich Spicy Sichuan Chicken with Brown Rice Carrots & Cucumbers Sweet Potato Fries</p>
<p>20</p> <p>Schools Closed Winter Break</p>	<p>21</p> <p>Schools Closed Winter Break</p>	<p>22</p> <p>Schools Closed Winter Break</p>	<p>23</p> <p>Schools Closed Winter Break</p>	<p>24</p> <p>Schools Closed Winter Break</p>
<p>27</p> <p>Schools Closed Winter Break</p>	<p>28</p> <p>Schools Closed Winter Break</p>	<p>29</p> <p>Schools Closed Winter Break</p>	<p>30</p> <p>Schools Closed Winter Break</p>	<p>31</p> <p>Schools Closed Winter Break</p>



Daily offerings: Assorted milk • Assorted fresh fruits & veggies
 Fresh Deli Subs, Wraps & Salads • Signature side salad • **Vegetarian entrees**
Locally Sourced Ingredients Offered Regularly

Lunch Price
 Student: FREE Adult: \$3.45