

# January | 2022

# 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**  
*Tastily Eats*  
WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>Schools Closed Teacher Workday</b></p>	<p>4</p> <p>Chicken Biscuit Breakfast Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>5</p> <p>Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>6</p> <p>Chicken Biscuit Breakfast Croissant Pancake &amp; Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>7</p> <p>Chicken Biscuit Pancake &amp; Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>10</p> <p>Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>11</p> <p>Chicken Biscuit Breakfast Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>12</p> <p>Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>13</p> <p>Chicken Biscuit Breakfast Croissant Pancake &amp; Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>14</p> <p>Chicken Biscuit Pancake &amp; Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>17</p> <p><b>Schools Closed M.L. King Jr. Holiday</b></p>	<p>18</p> <p>Chicken Biscuit Breakfast Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>19</p> <p>Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>20</p> <p>Chicken Biscuit Breakfast Croissant Pancake &amp; Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>21</p> <p>Chicken Biscuit Pancake &amp; Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>24</p> <p>Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>25</p> <p>Chicken Biscuit Breakfast Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>26</p> <p>Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>27</p> <p>Chicken Biscuit Breakfast Croissant Pancake &amp; Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>28</p> <p>Chicken Biscuit Pancake &amp; Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>31</p> <p>Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>Daily Assorted Milk • Daily Fresh Fruits 100% Fruit Juice <i>Locally Sourced Ingredients Offered Regularly</i> <b>Daily Vegetarian Option</b></p>		<p><b>Breakfast Price</b> Student: FREE Adult: \$1.60</p>	

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

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# High School

# LUNCH MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>Schools Closed Teacher Workday</b></p>	<p><b>4</b></p> <p>Italian Pasta Bake Classic Pizza Slice: <b>Cheese</b> or Meat Lover's Hot Dog <b>Walking Nachos</b> Carrot, Cucumber &amp; Cherry Tomato Black Beans</p>	<p><b>5</b></p> <p><b>Mozzarella Cheese Sticks</b> Classic Pizza Slice: <b>Cheese</b> or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Carrots &amp; Cucumbers Edamame Succotash</p>	<p><b>6</b></p> <p>Crispy Chicken of the Day with Roll Classic Pizza Slice: <b>Cheese</b> Mini Pepperoni Calzones Grilled Chicken Club <b>Nachos</b> Carrot, Cucumber &amp; Cherry Tomato Steamed Broccoli Chocolate Chip Cookie</p>	<p><b>7</b></p> <p>Classic Pizza Slice: <b>Cheese</b> or Pepperoni Seafood Basket Spicy Deluxe Chicken Sandwich Teriyaki Chicken with Brown Rice Carrots &amp; Cucumbers Buffalo Cauliflower</p>
<p><b>10</b></p> <p>Chicken Tenders with Breadstick Classic Pizza Slice: <b>Cheese</b> or Pepperoni Mini Cheeseburgers Sriracha Chicken with Brown Rice Carrots &amp; Cucumbers Sweet Potato Fries</p>	<p><b>11</b></p> <p>Chicken Parmesan with Breadstick Classic Pizza Slice: <b>Cheese</b> or Meat Lover's Bacon Cheeseburger <b>Walking Nachos</b> Carrot, Cucumber &amp; Cherry Tomato Steamed Broccoli</p>	<p><b>12</b></p> <p>Salisbury Steak with Roll Classic Pizza Slice: <b>Cheese</b> or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Carrots &amp; Cucumbers Mashed Potatoes</p>	<p><b>13</b></p> <p>Crispy Chicken of the Day with Roll Classic Pizza Slice: <b>Cheese</b> Mini Pepperoni Calzones <b>Veggie Burger</b> <b>Nachos</b> Carrot, Cucumber &amp; Cherry Tomato Baked Beans Chocolate Chip Cookie</p>	<p><b>14</b></p> <p>Classic Pizza Slice: <b>Cheese</b> or Pepperoni Crispy Cod Nuggets with Mac &amp; Cheese <b>Mac &amp; Cheese</b> Spicy Deluxe Chicken Sandwich Spicy Sichuan Chicken with Brown Rice Carrots &amp; Cucumbers Peas &amp; Carrots</p>
<p><b>17</b></p> <p><b>Schools Closed M.L. King Jr. Holiday</b></p>	<p><b>18</b></p> <p><b>Veggie Lasagna with Breadstick</b> Classic Pizza Slice: <b>Cheese</b> or Meat Lover's Chicken Philly Cheesesteak <b>Walking Nachos</b> Carrot, Cucumber &amp; Cherry Tomato Black Beans</p>	<p><b>19</b></p> <p><b>Mozzarella Cheese Sticks</b> Classic Pizza Slice: <b>Cheese</b> or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Carrots &amp; Cucumbers Edamame Succotash</p>	<p><b>20</b></p> <p>Crispy Chicken of the Day with Roll Classic Pizza Slice: <b>Cheese</b> Mini Pepperoni Calzones Hot Dog <b>Nachos</b> Carrot, Cucumber &amp; Cherry Tomato Green Beans Chocolate Chip Cookie</p>	<p><b>21</b></p> <p>Classic Pizza Slice: <b>Cheese</b> or Pepperoni Seafood Basket Spicy Deluxe Chicken Sandwich Teriyaki Chicken with Brown Rice Carrots &amp; Cucumbers Steamed Broccoli</p>
<p><b>24</b></p> <p>Southern Style Chicken Bites with Roll Classic Pizza Slice: <b>Cheese</b> or Pepperoni Mini Cheeseburgers Sriracha Honey Chicken with Brown Rice Carrots &amp; Cucumbers Steamed Broccoli</p>	<p><b>25</b></p> <p>Chicken Alfredo with Breadstick Classic Pizza Slice: <b>Cheese</b> or Meat Lover's <b>Veggie Burger</b> <b>Walking Nachos</b> Carrot, Cucumber &amp; Cherry Tomato Mixed Veggies</p>	<p><b>26</b></p> <p>Chicken Taquito Classic Pizza Slice: <b>Cheese</b> or Pepperoni Chicken Filet Sandwich General Tso's Chicken with Brown Rice Carrots &amp; Cucumbers Curly Fries</p>	<p><b>27</b></p> <p>Crispy Chicken of the Day with Roll Classic Pizza Slice: <b>Cheese</b> Mini Pepperoni Calzones Steakburger <b>Nachos</b> Carrot, Cucumber &amp; Cherry Tomato Baked Beans Chocolate Chip Cookie</p>	<p><b>28</b></p> <p>Classic Pizza Slice: <b>Cheese</b> or Pepperoni Crispy Cod Nuggets with Mac &amp; Cheese <b>Mac &amp; Cheese</b> Spicy Deluxe Chicken Sandwich Spicy Sichuan Chicken with Brown Rice Carrots &amp; Cucumbers Sweet Potato Fries</p>
<p><b>31</b></p> <p>Chicken &amp; Waffle Classic Pizza Slice: <b>Cheese</b> or Pepperoni Steakburger Tangerine Chicken with Brown Rice Carrots &amp; Cucumbers Tater Tots</p>	<p><b>Lunch Price</b> Student: FREE Adult: \$3.45</p>			
<p><b>Daily offerings:</b> Assorted milk • Assorted fresh fruits &amp; veggies Fresh Deli Subs, Wraps &amp; Salads • Signature side salad • <b>Vegetarian entrees</b> <i>Locally Sourced Ingredients Offered Regularly</i></p>				