

October | 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 Ents

WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Assorted Milk • Daily Fresh Fruits 100% Fruit Juice <i>Locally Sourced Ingredients Offered Regularly</i> Daily Vegetarian Option			Breakfast Price Student: FREE Adult: \$1.60	
4 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	5 Chicken Biscuit Breakfast Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit	6 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	7 Chicken Biscuit Breakfast Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	8 Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
11 Schools Closed Columbus Day	12 Schools Closed Teacher Work Day	13 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	14 Chicken Biscuit Breakfast Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	15 Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
18 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	19 Chicken Biscuit Breakfast Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit	20 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	21 Chicken Biscuit Breakfast Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	22 Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
25 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	26 Chicken Biscuit Breakfast Croissant Doughnut Bites Poptart with Yogurt 100% Fruit Juice Assorted Fresh Fruit	27 Chicken Biscuit Sausage Biscuit French Toast Sticks Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	28 Chicken Biscuit Breakfast Croissant Pancake & Sausage on a Stick Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	29 Chicken Biscuit Pancake & Sausage Bites French Toast Sticks Assorted Cereals 100% Fruit Juice 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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High School

LUNCH MENU

Menu Subject to Change Based on Product Availability.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

1 Classic Pizza Slice: **Cheese** or Pepperoni
 Crispy Cod Nuggets with Mac & Cheese
 Spicy Chicken Sandwich
 Spicy Sichuan Chicken with Brown Rice
 Carrots & Cucumbers
 Peas & Carrots

8 Classic Pizza Slice: **Cheese** or Pepperoni
 Seafood Basket
 Spicy Chicken Sandwich
 Teriyaki Chicken with Brown Rice
 Carrots & Cucumbers
 Steamed Broccoli

15 Classic Pizza Slice: **Cheese** or Pepperoni
 Crispy Cod Nuggets with Mac & Cheese
 Spicy Chicken Sandwich
 Spicy Sichuan Chicken
 with Brown Rice
 Carrots & Cucumbers
 Sweet Potato Fries

22 Classic Pizza Slice: **Cheese** or Pepperoni
 Seafood Basket
 Spicy Chicken Sandwich
 Teriyaki Chicken with Brown Rice
 Carrots & Cucumbers
 Buffalo Cauliflower

29 Classic Pizza Slice: **Cheese** or Pepperoni
 Crispy Cod Nuggets with Mac & Cheese
 Spicy Chicken Sandwich
 Spicy Sichuan Chicken with Brown Rice
 Carrots & Cucumbers
 Peas & Carrots

4 Nashville Hot Chicken Nuggets
 with Breadstick
 Classic Pizza Slice: **Cheese** or Pepperoni
 Cheeseburger
 Tangerine Chicken with Brown Rice
 Carrots & Cucumbers
 Seasoned Crinkle Cut Fries

5 **Veggie Lasagna with Breadstick**
 Classic Pizza Slice: **Cheese** or Buffalo Chicken
 Philly Cheesesteak
Walking Nachos
 Carrot, Cucumber & Cherry Tomato
 Black Beans

6 **Mozzarella Cheese Sticks**
 Classic Pizza Slice: **Cheese** or Pepperoni
 Chicken Filet Sandwich
 General Tso's Chicken with Brown Rice
 Carrots & Cucumbers
 Edamame Succotash

7 Southern Breaded Chicken
 with Texas Toast
 Classic Pizza Slice: **Cheese** or Meat Lover's
 Hot Dog
Nachos
 Carrot, Cucumber & Cherry Tomato
 Green Beans
 Chocolate Chip Cookie

11
Schools Closed
Columbus Day

12
Schools Closed
Teacher Work Day

13 Chicken Taquito
 Classic Pizza Slice: **Cheese** or Pepperoni
 Chicken Filet Sandwich
 General Tso's Chicken
 with Brown Rice
 Carrots & Cucumbers
 Curly Fries

14 Chicken of the Day with Roll
 Classic Pizza Slice: **Cheese** or Meat Lover's
 Steakburger
Nachos
 Carrot, Cucumber & Cherry Tomato
 Baked Beans
 Chocolate Chip Cookie

18 Chicken & Waffle
 Classic Pizza Slice: **Cheese** or Pepperoni
 Steakburger
 Tangerine Chicken with Brown Rice
 Carrots & Cucumbers
 Tater Tots

19 Italian Pasta Bake
 Classic Pizza Slice: **Cheese** or Buffalo Chicken
 Hot Dog
Walking Nachos
 Carrot, Cucumber & Cherry Tomato
 Black Beans

20 **Mozzarella Cheese Sticks**
 Classic Pizza Slice: **Cheese** or Pepperoni
 Chicken Filet Sandwich
 General Tso's Chicken with Brown Rice
 Carrots & Cucumbers
 Edamame Succotash

21 Southern Breaded Chicken
 with Texas Toast
 Classic Pizza Slice: **Cheese** or Meat Lover's
 Grilled Chicken Club
Nachos
 Carrot, Cucumber & Cherry Tomato
 Steamed Broccoli
 Chocolate Chip Cookie

25 Chicken Tenders with Breadstick
 Classic Pizza Slice: **Cheese** or Pepperoni
 Mini Burgers
 Sriracha Chicken with Brown Rice
 Carrots & Cucumbers
 Sweet Potato Fries

26 Chicken Parmesan with Breadstick
 Classic Pizza Slice: **Cheese** or Buffalo Chicken
 Bacon Cheeseburger
Walking Nachos
 Carrot, Cucumber & Cherry Tomato
 Steamed Broccoli

27 Salisbury Steak with Roll
 Classic Pizza Slice: **Cheese** or Pepperoni
 Chicken Filet Sandwich
 General Tso's Chicken with Brown Rice
 Carrots & Cucumbers
 Mashed Potatoes

28 Chicken of the Day with Roll
 Classic Pizza Slice: **Cheese** or Meat Lover's
Veggie Burger
Nachos
 Carrot, Cucumber & Cherry Tomato
 Baked Beans
 Chocolate Chip Cookie

