

# April | 2024

# Independence 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   |
|--|--|--|---|--|
| 1<br><i>Schools Closed<br/>Spring Break</i>  | 2<br><i>Schools Closed<br/>Spring Break</i>  | 3<br><i>Schools Closed<br/>Spring Break</i>  | 4<br><i>Schools Closed<br/>Spring Break</i>   | 5<br><i>Schools Closed<br/>Spring Break</i>  |
| 8<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)  | 9<br>French Toast Sticks (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)  | 10<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 11<br>Doughnut Bites (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 12<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) |
| 15<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 16<br>French Toast Sticks (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 17<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 18<br>Doughnut Bites (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 19<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) |
| 22<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 23<br>French Toast Sticks (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 24<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 25<br>Doughnut Bites (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 26<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) |
| 29<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 30<br>French Toast Sticks (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) |  |   |  |

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

**Breakfast Price**  
Student: \$1.25  
Reduced: \$0.30  
Adult: \$2.75

April | 2024

# Independence High School 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



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| 1<br><i>Schools Closed<br/>Spring Break</i>   | 2<br><i>Schools Closed<br/>Spring Break</i>   | 3<br><i>Schools Closed<br/>Spring Break</i>  | 4<br><i>Schools Closed<br/>Spring Break</i>   | 5<br><i>Schools Closed<br/>Spring Break</i>  |
| 8<br>Chicken & Waffles<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Carrots & Cucumbers            | 9<br>Buffalo Chicken Pizza Slice<br>Chef Selection Crispy Chicken Basket<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Corn & Black Bean Salsa             | 10<br>General Tso's Chicken with Rice<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Baby Carrots | 11<br>Crispy Chicken Thigh<br>with Garlic Knot<br>Chef Selection Hot Sandwich<br>Cheese Chef Salad (V)<br>Signature Side Salad<br>Carrots & Cucumbers     | 12<br>Classic Pizza Slice: Pepperoni<br>Chef Selection Crispy Chicken Basket<br>Mac & Cheese (V)<br>Carrots & Cucumbers<br>Corn & Black Bean Salsa |
| 15<br>Tangerine Chicken with Rice<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Carrots & Cucumbers | 16<br>Buffalo Chicken Pizza Slice<br>Chef Selection Crispy Chicken Basket<br>Alfredo Pasta with Breadstick (V)<br>Signature Side Salad<br>Corn & Black Bean Salsa | 17<br>General Tso's Chicken with Rice<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Baby Carrots | 18<br>Crispy Chicken Thigh<br>with Garlic Knot<br>Chef Selection Hot Sandwich<br>Hummus & Yogurt Plate (V)<br>Signature Side Salad<br>Carrots & Cucumbers | 19<br>Classic Pizza Slice:<br>Cheese (V) or Pepperoni<br>Chef Selection Crispy Chicken Basket<br>Carrots & Cucumbers<br>Corn & Black Bean Salsa    |
| 22<br>Chicken & Waffles<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Carrots & Cucumbers           | 23<br>Buffalo Chicken Pizza Slice<br>Chef Selection Crispy Chicken Basket<br>Cheese Chef Salad (V)<br>Signature Side Salad<br>Corn & Black Bean Salsa             | 24<br>General Tso's Chicken with Rice<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Baby Carrots | 25<br>Crispy Chicken Thigh<br>with Garlic Knot<br>Chef Selection Hot Sandwich<br>Hummus & Yogurt Plate (V)<br>Signature Side Salad<br>Carrots & Cucumbers | 26<br>Classic Pizza Slice: Pepperoni<br>Chef Selection Crispy Chicken Basket<br>Mac & Cheese (V)<br>Carrots & Cucumbers<br>Corn & Black Bean Salsa |
| 29<br>Tangerine Chicken with Rice<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Carrots & Cucumbers | 30<br>Buffalo Chicken Pizza Slice<br>Chef Selection Crispy Chicken Basket<br>Cheese Chef Salad (V)<br>Signature Side Salad<br>Corn & Black Bean Salsa             |  |   |  |

**Daily offerings:**  
assorted fresh fruits & veggies • choice of milk  
locally sourced ingredients offered regularly  
**daily vegetarian option (V)**

**Lunch Price**  
Student: \$2.70  
Reduced: \$0.40  
Adult: \$4.75

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