

# December | 2023

# 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   |
|--|--|--|---|--|
| 4<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)  | 5<br>French Toast Sticks (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)  | 6<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)  | 7<br>Doughnut Bites (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)  | 1<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)  |
| 11<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 12<br>French Toast Sticks (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 13<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 14<br>Doughnut Bites (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 8<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)  |
| 18<br><i>Schools Closed<br/>Winter Break</i>   | 19<br><i>Schools Closed<br/>Winter Break</i>   | 20<br><i>Schools Closed<br/>Winter Break</i>   | 21<br><i>Schools Closed<br/>Winter Break</i>  | 15<br>Chicken Biscuit<br>Assorted Cereal (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) |
| 25<br><i>Schools Closed<br/>Winter Break</i>   | 26<br><i>Schools Closed<br/>Winter Break</i>   | 27<br><i>Schools Closed<br/>Winter Break</i>   | 28<br><i>Schools Closed<br/>Winter Break</i>  | 22<br><i>Schools Closed<br/>Winter Break</i>   |
|  |  |  |   | 29<br><i>Schools Closed<br/>Winter Break</i>   |

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

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# Independence High School LUNCH MENU

Menu Subject to Change Based on Product Availability.

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| 4<br>Tangerine Chicken with Rice<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Carrots & Cucumbers | 5<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 | 6<br>General Tso's Chicken with Rice<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Baby Carrots  | 7<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  | 1<br>Classic Pizza Slice: Pepperoni<br>Chef Selection Crispy Chicken Basket<br>Mac & Cheese (V)<br>Carrots & Cucumbers<br>Corn & Black Bean Salsa  |
| 11<br>Chicken & Waffles<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Carrots & Cucumbers          | 12<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            | 13<br>General Tso's Chicken with Rice<br>Chef Selection Hot Sandwich<br>Cheese Pizza Slice (V)<br>Signature Side Salad<br>Baby Carrots | 14<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 | 8<br>Classic Pizza Slice:<br>Cheese (V) or Pepperoni<br>Chef Selection Crispy Chicken Basket<br>Carrots & Cucumbers<br>Corn & Black Bean Salsa     |
| 18<br><i>Schools Closed<br/>Winter Break</i>   | 19<br><i>Schools Closed<br/>Winter Break</i>   | 20<br><i>Schools Closed<br/>Winter Break</i>   | 21<br><i>Schools Closed<br/>Winter Break</i>  | 15<br>Classic Pizza Slice: Pepperoni<br>Chef Selection Crispy Chicken Basket<br>Mac & Cheese (V)<br>Carrots & Cucumbers<br>Corn & Black Bean Salsa |
| 25<br><i>Schools Closed<br/>Winter Break</i>   | 26<br><i>Schools Closed<br/>Winter Break</i>   | 27<br><i>Schools Closed<br/>Winter Break</i>   | 28<br><i>Schools Closed<br/>Winter Break</i>  | 22<br><i>Schools Closed<br/>Winter Break</i>   |
|  |  |  |   | 29<br><i>Schools Closed<br/>Winter Break</i>   |

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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SCHOOL NUTRITION

Tasty Eats

WHERE STUDENTS COME FIRST



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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