

December | 2022

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
5 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	6 Election Day Remote Learning Day	7 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	1 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	2 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
12 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	13 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	14 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	8 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	9 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
19 Winter Break Schools Closed	20 Winter Break Schools Closed	21 Winter Break Schools Closed	15 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	16 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
26 Winter Break Schools Closed	27 Winter Break Schools Closed	28 Winter Break Schools Closed	22 Winter Break Schools Closed	23 Winter Break Schools Closed
			29 Winter Break Schools Closed	30 Winter Break Schools Closed

daily assorted milk • daily fresh fruits • 100% fruit juice
locally sourced ingredients offered regularly

Breakfast Price
Student: \$1.25
Reduced: \$0.30
Adult: \$2.00

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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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Nashville Hot Chicken Nuggets with Breadstick Classic Pizza Slice Signature Side Salad Baby Carrots	6 Election Day Remote Learning Day	7 General Tso's Chicken with Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots & Cucumbers	1 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie	2 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots
12 Southern Style Chicken Bites with Roll Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots & Cucumbers	13 Veggie Italian Pasta Bake with Breadstick Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	14 General Tso's Chicken with Rice Classic Pizza Slice: Cheese or Pepperoni Fresh Deli Sub Carrots & Cucumbers	8 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie	9 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots
19 Winter Break Schools Closed	20 Winter Break Schools Closed	21 Winter Break Schools Closed	15 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie	16 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots
26 Winter Break Schools Closed	27 Winter Break Schools Closed	28 Winter Break Schools Closed	22 Winter Break Schools Closed	23 Winter Break Schools Closed
			29 Winter Break Schools Closed	30 Winter Break Schools Closed

Daily offerings:

Assorted milk • Assorted fresh fruits & veggies
locally sourced ingredients offered regularly

Lunch Price

Student: \$2.70
Reduced: \$0.40
Adult: \$4.00