

February | 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
<p>5 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>12 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>19 <i>Schools Closed Presidents' Day</i></p> <p>26 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p>6 French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>13 French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>20 <i>Schools Closed Professional Development Day</i></p> <p>27 French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p>7 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>14 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>21 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>28 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p>1 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>8 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>15 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>22 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>29 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>	<p>2 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>9 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>16 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p> <p>23 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)</p>

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.

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
<p><u>Daily offerings:</u> assorted fresh fruits & veggies • choice of milk <i>locally sourced ingredients offered regularly</i> daily vegetarian option (V)</p>			<p>1 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers</p>	<p>2 Classic Pizza Slice: Cheese (V) Chef Selection Crispy Chicken Basket General Tso's Chicken with Rice Carrots & Cucumbers Corn & Black Bean Salsa</p>
<p>5 Chicken & Waffles Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers</p>	<p>6 BBQ Chicken Pizza Slice Chef Selection Crispy Chicken Basket Cheese Pizza Slice (V) Signature Side Salad Corn & Black Bean Salsa</p>	<p>7 General Tso's Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Baby Carrots</p>	<p>8 Chicken Wings with Garlic Knot Chef Selection Hot Sandwich Cheese Chef Salad (V) Signature Side Salad Carrots & Cucumbers</p>	<p>9 Classic Pizza Slice: Pepperoni Chef Selection Crispy Chicken Basket Mac & Cheese (V) Carrots & Cucumbers Corn & Black Bean Salsa</p>
<p>12 Tangerine Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers</p>	<p>13 Buffalo Chicken Pizza Slice Chef Selection Crispy Chicken Basket Alfredo Pasta with Breadstick (V) Signature Side Salad Corn & Black Bean Salsa</p>	<p>14 General Tso's Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Baby Carrots</p>	<p>15 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers</p>	<p>16 Classic Pizza Slice: Cheese (V) or Pepperoni Chef Selection Crispy Chicken Basket Carrots & Cucumbers Corn & Black Bean Salsa</p>
<p>19 <i>Schools Closed Presidents' Day</i></p>	<p>20 <i>Schools Closed Professional Development Day</i></p>	<p>21 General Tso's Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Baby Carrots</p>	<p>22 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers</p>	<p>23 Classic Pizza Slice: Pepperoni Chef Selection Crispy Chicken Basket Mac & Cheese (V) Carrots & Cucumbers Corn & Black Bean Salsa</p>
<p>26 Tangerine Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers</p>	<p>27 Buffalo Chicken Pizza Slice Chef Selection Crispy Chicken Basket Cheese Chef Salad (V) Signature Side Salad Corn & Black Bean Salsa</p>	<p>28 Chef Selection Crispy Chicken Basket Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Baby Carrots</p>	<p>29 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers</p>	<p>Lunch Price Student: \$2.70 Reduced: \$0.40 Adult: \$4.75</p>