

# February | 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
6 Sausage Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	7 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	1 Steak Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	2 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	3 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)
13 Sausage Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	14 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	8 Steak Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	9 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	10 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)
20 <b>Presidents' Day Schools Closed</b>	21 <b>Professional Development Day Schools Closed</b>	15 Steak Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	16 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	17 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)
27 Sausage Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	28 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	22 Steak Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	23 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	24 Chicken Biscuit Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)

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

**Breakfast  
Price**  
Student: \$0.00  
Adult: \$2.00

# Independence High School LUNCH MENU

Menu Subject to Change Based on Product Availability.

## February | 2023

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
		1 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots & Cucumbers	2 Crispy Chicken Thigh with Roll Veggie Burger Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie	3 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots & Cucumbers
6 Tangerine Chicken with Rice Classic Pizza Slice: Cheese 100% Fruit Slushie Signature Side Salad Carrots & Cucumbers	7 Veggie Lasagna with Breadstick Turkey Hot Dog Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	8 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots & Cucumbers	9 Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie	10 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots & Cucumbers
13 Nashville Hot Chicken Nuggets with Breadstick Classic Pizza Slice: Cheese 100% Fruit Slushie Signature Side Salad Carrots & Cucumbers	14 Classic Pizza Slice: Cheese Philly Beef Sub Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	15 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots & Cucumbers	16 Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie	17 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots & Cucumbers
20 <b>Presidents' Day Schools Closed</b>	21 <b>Professional Development Day Schools Closed</b>	22 General Tso's Chicken with Rice Mini Cheese Quesadillas Baby Carrots Carrots & Cucumbers	23 Crispy Chicken Thigh with Roll Cheeseburger Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie	24 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots & Cucumbers
27 Tangerine Chicken with Rice Classic Pizza Slice: Cheese 100% Fruit Slushie Signature Side Salad Carrots & Cucumbers	28 Veggie Lasagna with Breadstick Turkey Hot Dog Fresh Deli Sub Signature Side Salad Corn & Bean Salsa			