

# November | 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 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	7 <i>Remote Learning Day Election Day</i>	1 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	2 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	3 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)
13 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	14 French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	8 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	9 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	10 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)
20 <i>Schools Closed Thanksgiving Break</i>	21 <i>Schools Closed Thanksgiving Break</i>	15 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	16 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	17 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)
27 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	28 French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	22 <i>Schools Closed Thanksgiving Break</i>	23 <i>Schools Closed Thanksgiving Break</i>	24 <i>Schools Closed Thanksgiving Break</i>
		29 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V)	30 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) 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

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# Independence High School LUNCH MENU

Menu Subject to Change Based on Product Availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Chicken & Waffles Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers	7 <i>Remote Learning Day Election Day</i>	1 General Tso's Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Baby Carrots	2 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers	3 Classic Pizza Slice: Cheese (V) or Pepperoni Chef Selection Crispy Chicken Basket Carrots & Cucumbers Corn & Black Bean Salsa
13 Tangerine Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers	14 Buffalo Chicken Pizza Slice Chef Selection Crispy Chicken Basket Veggie Lasagna with Breadstick (V) Signature Side Salad Corn & Black Bean Salsa	8 General Tso's Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Baby Carrots	9 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers	10 Classic Pizza Slice: Pepperoni Chef Selection Crispy Chicken Basket Mac & Cheese (V) Carrots & Cucumbers Corn & Black Bean Salsa
20 <i>Schools Closed Thanksgiving Break</i>	21 <i>Schools Closed Thanksgiving Break</i>	15 Chef Selection Hot Sandwich Chef Selection Crispy Chicken Basket Cheese Pizza Slice (V) Signature Side Salad Baby Carrots	16 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers	17 Classic Pizza Slice: Cheese (V) Chef Selection Crispy Chicken Basket General Tso's Chicken with Rice Carrots & Cucumbers Corn & Black Bean Salsa
27 Chicken & Waffles Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Carrots & Cucumbers	28 Buffalo Chicken Pizza Slice Chef Selection Crispy Chicken Basket Cheese Pizza Slice (V) Signature Side Salad Corn & Black Bean Salsa	22 <i>Schools Closed Thanksgiving Break</i>	23 <i>Schools Closed Thanksgiving Break</i>	24 <i>Schools Closed Thanksgiving Break</i>
		29 General Tso's Chicken with Rice Chef Selection Hot Sandwich Cheese Pizza Slice (V) Signature Side Salad Baby Carrots	30 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Cheese Chef Salad (V) Signature Side Salad Carrots & Cucumbers	<b>Lunch Price</b> Student: \$2.70 Reduced: \$0.40 Adult: \$4.75

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