

January | 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
	3 Teacher Workday Schools Closed	4 Steak Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	5 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	6 Chicken Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)
9 Sausage Biscuit Doughnut Bites (V) Assorted Cereals (V) Assorted Cereals (V)	10 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	11 Steak Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	12 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	13 Chicken Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)
16 MLK Jr. Holiday Schools Closed	17 Remote Learning Day Schools Closed	18 Steak Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	19 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	20 Chicken Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)
23 Sausage Biscuit Doughnut Bites (V) Assorted Cereals (V) Assorted Cereals (V)	24 French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	25 Steak Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)	26 Pancake & Sausage on a Stick Assorted Cereals (V) Assorted Cereals (V) Assorted Cereals (V)	27 Chicken Biscuit French Toast Sticks (V) Assorted Cereals (V) Assorted Cereals (V)
30 Sausage Biscuit Doughnut Bites (V) Assorted Cereals (V) Assorted Cereals (V)	31 French Toast Sticks (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: \$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
<p>Lunch Price Student: \$2.70 Reduced: \$0.40 Adult: \$4.00</p>	<p>3 Teacher Workday Schools Closed</p>	<p>4 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots & Cucumbers</p>	<p>5 Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie</p>	<p>6 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots & Cucumbers</p>
<p>9 Chicken & Waffles Classic Pizza Slice: Cheese Signature Side Salad Carrots & Cucumbers</p>	<p>10 Chicken Parmesan with Breadstick Fresh Deli Sub Signature Side Salad Corn & Bean Salsa</p>	<p>11 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots & Cucumbers</p>	<p>12 Crispy Chicken Thigh with Roll Veggie Burger Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie</p>	<p>13 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots & Cucumbers</p>
<p>16 MLK Jr. Holiday Schools Closed</p>	<p>17 Remote Learning Day Schools Closed</p>	<p>18 General Tso's Chicken with Rice Classic Pizza Slice: Cheese Baby Carrots Carrots & Cucumbers</p>	<p>19 Crispy Chicken Thigh with Roll Classic Pizza Slice: Cheese Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie</p>	<p>20 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots & Cucumbers</p>
<p>23 Southern Style Chicken Bites with Roll Classic Pizza Slice: Cheese Signature Side Salad Carrots & Cucumbers</p>	<p>24 Classic Pizza Slice: Cheese Steak Sliders Fresh Deli Sub Signature Side Salad Corn & Bean Salsa</p>	<p>25 General Tso's Chicken with Rice Mini Cheese Quesadillas Baby Carrots Carrots & Cucumbers</p>	<p>26 Crispy Chicken Thigh with Roll Cheeseburger Fresh Deli Sub Corn & Bean Salsa Signature Side Salad Chocolate Chip Cookie</p>	<p>27 Classic Pizza Slice: Cheese Spicy Chicken Sandwich Signature Side Salad Carrots & Cucumbers</p>
<p>30 Tangerine Chicken with Rice Classic Pizza Slice: Cheese Signature Side Salad Carrots & Cucumbers</p>	<p>31 Veggie Lasagna with Breadstick Turkey Hot Dog Fresh Deli Sub Signature Side Salad Corn & Bean Salsa</p>	<p>Daily offerings: Assorted milk • Assorted fresh fruits & veggies <i>locally sourced ingredients offered regularly</i></p>		