

# August | 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**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	9 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	10 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	11 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	12 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
15 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	16 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	17 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	18 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	19 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
22 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	23 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	24 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	25 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	26 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
29 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	30 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	31 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit		

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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This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8</b> Nashville Hot Chicken Nuggets with Breadstick Classic Pizza Slice Signature Side Salad Baby Carrots	<b>9</b> Veggie Lasagna with Breadstick Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	<b>10</b> General Tso's Chicken with Brown Rice Chicken Filet Sandwich Signature Side Salad Baby Carrots	<b>11</b> Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie	<b>12</b> Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots
<b>15</b> Southern Style Chicken Bites with Roll Sriracha Honey Chicken with Brown Rice Signature Side Salad Baby Carrots	<b>16</b> Chicken Alfredo with Breadstick Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	<b>17</b> Classic Pizza Slice Chicken Filet Sandwich Signature Side Salad Baby Carrots	<b>18</b> Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie	<b>19</b> Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots
<b>22</b> Chicken Tenders with Breadstick Cheeseburger Signature Side Salad Baby Carrots	<b>23</b> Italian Pasta Bake with Breadstick Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	<b>24</b> General Tso's Chicken with Brown Rice Classic Pizza Slice Signature Side Salad Baby Carrots	<b>25</b> Crispy Chicken Thigh with Roll with Texas Toast Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie	<b>26</b> Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots
<b>29</b> Chicken & Waffles Mini Burgers Signature Side Salad Baby Carrots	<b>30</b> Bacon Cheeseburger Fresh Deli Sub Signature Side Salad Corn & Bean Salsa	<b>31</b> Classic Pizza Slice Chicken Sandwich Signature Side Salad Baby Carrots		

Daily Offerings: assorted milk • assorted fresh fruits & veggies  
locally sourced ingredients offered regularly

**Lunch Price**  
 Student: \$2.70  
 Reduced: \$0.40  
 Adult: \$4.00