

September | 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
5 Labor Day Schools Closed	6 Remote Learning Day	7 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	1 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	2 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
12 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	13 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	14 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	8 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	9 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
19 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	20 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	21 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	15 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	16 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
26 Chicken Biscuit 100% Fruit Juice Assorted Fresh Fruit	27 Doughnut Bites 100% Fruit Juice Assorted Fresh Fruit	28 Steak Biscuit 100% Fruit Juice Assorted Fresh Fruit	22 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	23 French Toast Sticks 100% Fruit Juice Assorted Fresh Fruit
			29 Pancake & Sausage on a Stick 100% Fruit Juice Assorted Fresh Fruit	30 French Toast Sticks 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
<p>Daily offerings:</p> <ul style="list-style-type: none"> • assorted milk • assorted fresh fruits & veggies <p><i>locally sourced ingredients offered regularly</i></p>	<p>Lunch Price Student: \$2.70 Reduced: \$0.40 Adult: \$4.00</p>		<p>1 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie</p>	<p>2 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots</p>
<p>5 Labor Day Schools Closed</p>	<p>6 Remote Learning Day</p>	<p>7 General Tso's Chicken with Brown Rice Chicken Filet Sandwich Signature Side Salad Baby Carrots</p>	<p>8 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie</p>	<p>9 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots</p>
<p>12 Southern Style Chicken Bites with Roll Sriracha Honey Chicken with Brown Rice Signature Side Salad Baby Carrots</p>	<p>13 Chicken Alfredo with Breadstick Fresh Deli Sub Signature Side Salad Corn & Bean Salsa</p>	<p>14 Classic Pizza Slice Chicken Filet Sandwich Signature Side Salad Baby Carrots</p>	<p>15 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie</p>	<p>16 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots</p>
<p>19 Chicken Tenders with Breadstick Cheeseburger Signature Side Salad Baby Carrots</p>	<p>20 Italian Pasta Bake with Breadstick Fresh Deli Sub Signature Side Salad Corn & Bean Salsa</p>	<p>21 General Tso's Chicken with Brown Rice Classic Pizza Slice Signature Side Salad Baby Carrots</p>	<p>22 Crispy Chicken Thigh with Roll with Texas Toast Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie</p>	<p>23 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots</p>
<p>26 Chicken & Waffles Mini Burgers Signature Side Salad Baby Carrots</p>	<p>27 Bacon Cheeseburger Fresh Deli Sub Signature Side Salad Corn & Bean Salsa</p>	<p>28 Classic Pizza Slice Chicken Sandwich Signature Side Salad Baby Carrots</p>	<p>29 Crispy Chicken Thigh with Roll Fresh Deli Sub Signature Side Salad Corn & Bean Salsa Chocolate Chip Cookie</p>	<p>30 Classic Pizza Slice Spicy Chicken Sandwich Signature Side Salad Baby Carrots</p>