

May | 2024

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 |
|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| | | 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) |
| 6 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V) | 7 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) |
| 16 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V) | 17 French Toast Sticks (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V) | 18 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V) | 19 Doughnut Bites (V) Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V) | 20 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V) |
| 20 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V) | 21 <i>Remote Learning Day Election Day</i> | 22 Chicken Biscuit Assorted Cereal (V) Assorted Cereal (V) Assorted Cereal (V) | 23 Last day of School! 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

May | 2024

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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>6 Chicken & Waffles Chef Selection Hot Sandwich Classic Pizza Slice: Cheese (V) Signature Side Salad Carrots & Cucumbers</p> | <p>7 Buffalo Chicken Pizza Slice Chef Selection Crispy Chicken Basket Classic Pizza Slice: Cheese (V) Signature Side Salad Corn & Black Bean Salsa</p> | <p>1 Chef Selection Crispy Chicken Basket Chef Selection Hot Sandwich Classic Pizza Slice: Cheese (V) Signature Side Salad Baby Carrots</p> | <p>2 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers</p> | <p>3 Classic Pizza Slice: Cheese (V) Chef Selection Crispy Chicken Basket General Tso's Chicken with Rice Carrots & Cucumbers Corn & Black Bean Salsa</p> |
| <p>13 Tangerine Chicken with Rice Chef Selection Hot Sandwich Classic Pizza Slice: Cheese (V) Signature Side Salad Carrots & Cucumbers</p> | <p>14 Buffalo Chicken Pizza Slice Chef Selection Crispy Chicken Basket Alfredo Pasta with Breadstick (V) Signature Side Salad Corn & Black Bean Salsa</p> | <p>8 General Tso's Chicken with Rice Chef Selection Hot Sandwich Classic Pizza Slice: Cheese (V) Signature Side Salad Baby Carrots</p> | <p>9 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Cheese Chef Salad (V) Signature Side Salad Carrots & Cucumbers</p> | <p>10 Classic Pizza Slice: Pepperoni Mac & Cheese (V) Carrots & Cucumbers Corn & Black Bean Salsa</p> |
| <p>20 Chef Selection Hot Sandwich Classic Pizza Slice: Cheese (V) Signature Side Salad Carrots & Cucumbers</p> | <p>21 <i>Remote Learning Day Election Day</i></p> | <p>15 General Tso's Chicken with Rice Chef Selection Hot Sandwich Classic Pizza Slice: Cheese (V) Signature Side Salad Baby Carrots</p> | <p>16 Crispy Chicken Thigh with Garlic Knot Chef Selection Hot Sandwich Hummus & Yogurt Plate (V) Signature Side Salad Carrots & Cucumbers</p> | <p>17 Classic Pizza Slice: Cheese (V) or Pepperoni Chef Selection Crispy Chicken Basket Carrots & Cucumbers Corn & Black Bean Salsa</p> |
| | | <p>22 Chef Selection Hot Sandwich Classic Pizza Slice: Cheese (V) Signature Side Salad Baby Carrots</p> | <p>23 Last day of School! Chef Selection Hot Sandwich Classic Pizza Slice: Cheese (V) Signature Side Salad Carrots & Cucumbers</p> | |

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

Lunch Price
Student: \$2.70
Reduced: \$0.40
Adult: \$4.75

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