

May | 2024

# Middle School BREAKFAST MENU

Menu Subject to Change Based on Product Availability.



School breakfast  
fuels classroom  
performance!

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.

| MONDAYO  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
|  |   | 1<br>Chicken & Waffle Griddle<br>Waffle & Sausage Griddle<br>Assorted Cereal (V)<br>Assorted Cereal (V)  | 2<br>Sausage Biscuit<br>French Toast Sticks (V)<br>Pop-Tart with Yogurt (V)                                | 3<br>Chicken Biscuit<br>Cinnamon Glazed Pancakes (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V)  |
| 6<br>Chicken Biscuit<br>Pancake & Sausage<br>on a Stick<br>Assorted Cereal (V)<br>Assorted Cereal (V)  | 7<br>Sausage, Egg &<br>Cheese Croissant<br>French Toast Sticks (V)<br>Muffin with Yogurt (V)  | 8<br>Chicken & Waffle Griddle<br>Waffle & Sausage Griddle<br>Assorted Cereal (V)<br>Assorted Cereal (V)  | 9<br>Sausage Biscuit<br>French Toast Sticks (V)<br>Pop-Tart with Yogurt (V)                                | 10<br>Chicken Biscuit<br>Cinnamon Glazed Pancakes (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) |
| 13<br>Chicken Biscuit<br>Pancake & Sausage<br>on a Stick<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 14<br>Sausage, Egg &<br>Cheese Croissant<br>French Toast Sticks (V)<br>Muffin with Yogurt (V) | 15<br>Chicken & Waffle Griddle<br>Waffle & Sausage Griddle<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 16<br>Sausage Biscuit<br>French Toast Sticks (V)<br>Pop-Tart with Yogurt (V)                               | 17<br>Chicken Biscuit<br>Cinnamon Glazed Pancakes (V)<br>Assorted Cereal (V)<br>Assorted Cereal (V) |
| 20<br>Chicken Biscuit<br>Pancake & Sausage<br>on a Stick<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 21<br><i>Remote Learning Day<br/>Election Day</i>   | 22<br>Chicken & Waffle Griddle<br>Waffle & Sausage Griddle<br>Assorted Cereal (V)<br>Assorted Cereal (V) | 23<br><b>Last day of School!</b><br>Sausage Biscuit<br>French Toast Sticks (V)<br>Pop-Tart with Yogurt (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

# Middle School LUNCH MENU

Menu Subject to Change Based on Product Availability.

This institution is an equal opportunity provider.

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



### Daily offerings:

- Chef selection hot sandwiches & chicken basket
- Chef selection salads
- Assorted fresh fruits & veggies
- Choice of milk

locally sourced ingredients offered regularly  
**vegetarian option (V)**

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| 6<br>Chicken & Waffles<br>Mini Cheese Quesadillas (V)<br>Fresh Deli Subs<br>Baby Carrots • Tater Tots   | 7<br>Classic Pizza Slice:<br>Cheese (V) or Buffalo Chicken<br>Tangerine Chicken with Fried Rice<br>Wrap of the Day<br>Signature Side Salad<br>Steamed Broccoli<br>Seasoned Crinkle Fries | 1<br>Tex Mex Nachos<br>Cheese Nachos (V)<br>Fresh Deli Subs<br>Baby Carrots<br>Black Beans<br>Seasoned Crinkle Fries                           | 2<br>Crispy Chicken of the Day<br>with Texas Toast<br>Classic Pizza Slice:<br>Cheese (V) or Pepperoni<br>Wrap of the Day<br>Signature Side Salad<br>Sweet Potato Waffle Fries<br>Chocolate Chip Cookie               | 3<br>Classic Pizza Slice: Cheese (V)<br>Popcorn Shrimp with Mac & Cheese<br>Mac & Cheese (V)<br>Fresh Deli Subs<br>Carrot, Cucumber & Cherry Tomato<br>Kickin' Cajun Carrots<br>Seasoned Crinkle Fries           |
| 13<br>Veggie Alfredo Pasta with<br>Cheese Stuffed Breadstick (V)<br>Chicken Alfredo with<br>Cheese Stuffed Breadstick<br>Jammer (V)<br>Fresh Deli Subs<br>100% Fruit Slushie<br>Baby Carrots • Steamed Broccoli<br>Seasoned Crinkle Fries | 14<br>Spicy Sichuan Chicken with Lo Mein<br>Classic Pizza Slice:<br>Cheese (V) or Meat Lover's<br>Wrap of the Day<br>Signature Side Salad<br>Tater Tots                                  | 8<br>Birria Barbacoa Tacos<br>Cheese Stuffed Breadsticks (V)<br>Fresh Deli Subs<br>Baby Carrots • Tater Tots<br>Seasonal: Roasted Red Potatoes | 9<br>Crispy Chicken of the Day with Roll<br>Classic Pizza Slice:<br>Cheese (V) or Pepperoni<br>Jammer (V) • Wrap of the Day<br>Signature Side Salad<br>Baked Beans • Seasoned Crinkle Fries<br>Chocolate Chip Cookie | 10<br>Classic Pizza Slice: Cheese (V)<br>Fiesta Fish Tacos<br>Fresh Deli Subs<br>Carrot, Cucumber & Cherry Tomato<br>Tater Tots<br>Buffalo Cauliflower   |
| 20<br>Mini Cheese Quesadillas (V)<br>Fresh Deli Subs<br>Baby Carrots • Tater Tots   | 21<br><i>Remote Learning Day<br/>Election Day</i>  | 15<br>Queso Fajita Chicken Nachos<br>White Queso Nachos (V)<br>Fresh Deli Subs<br>Baby Carrots • Black Beans<br>Seasoned Crinkle Fries         | 16<br>Crispy Chicken of the Day with Roll<br>Classic Pizza Slice:<br>Cheese (V) or Pepperoni<br>Wrap of the Day<br>Signature Side Salad<br>Sweet Potato Waffle Fries<br>Chocolate Chip Cookie                        | 17<br>Classic Pizza Slice: Cheese (V)<br>Popcorn Shrimp with Mac & Cheese<br>Mac & Cheese (V)<br>Fresh Deli Subs<br>Carrot, Cucumber & Cherry Tomato<br>Farm Fresh Roasted Green Beans<br>Seasoned Crinkle Fries |
|   |  | 22<br>Mozzarella Cheese Sticks (V)<br>Fresh Deli Subs<br>Baby Carrots • Black Beans<br>Tater Tots  | 23<br><b>Last day of School!</b><br>Classic Pizza Slice: Cheese (V)<br>Wrap of the Day<br>Signature Side Salad<br>Seasoned Crinkle Fries<br>Chocolate Chip Cookie  |  |



Enjoy a variety of on-the-go, student-favorite burgers, hot sandwiches, or chicken baskets through the Express Eats line.  
*Rotating options available daily from the Cafe!*

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