

# April | 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Schools Closed Spring Break</i>	2 <i>Schools Closed Spring Break</i>	3 <i>Schools Closed Spring Break</i>	4 <i>Schools Closed Spring Break</i>	5 <i>Schools Closed Spring Break</i>
8 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	9 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	10 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	11 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	12 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
15 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	16 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	17 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	18 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	19 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
22 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	23 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	24 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	25 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	26 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
29 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	30 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin 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

# April | 2024

# Middle School LUNCH MENU

Menu Subject to Change Based on Product Availability.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Schools Closed Spring Break</i>	2 <i>Schools Closed Spring Break</i>	3 <i>Schools Closed Spring Break</i>	4 <i>Schools Closed Spring Break</i>	5 <i>Schools Closed Spring Break</i>
8 Chicken & Waffles Mini Cheese Quesadillas (V) Fresh Deli Subs Baby Carrots • Tater Tots	9 Classic Pizza Slice: Cheese (V) or Buffalo Chicken Tangerine Chicken with Fried Rice Wrap of the Day Signature Side Salad Steamed Broccoli Seasoned Crinkle Fries	10 Birria Barbacoa Tacos Cheese Stuffed Breadsticks (V) Fresh Deli Subs Baby Carrots • Tater Tots	11 Crispy Chicken of the Day with Roll Classic Pizza Slice: Cheese (V) or Pepperoni Jammer (V) • Wrap of the Day Signature Side Salad Baked Beans • Seasoned Crinkle Fries Chocolate Chip Cookie	12 Classic Pizza Slice: Cheese (V) Fiesta Fish Tacos Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Seasonal: Roasted Red Potatoes Tater Tots
15 Veggie Alfredo Pasta with Cheese Stuffed Breadstick (V) Chicken Alfredo with Cheese Stuffed Breadstick Jammer (V) Fresh Deli Subs 100% Fruit Slushie Baby Carrots • Steamed Broccoli Seasoned Crinkle Fries	16 Spicy Sichuan Chicken with Lo Mein Classic Pizza Slice: Cheese (V) or Meat Lover's Wrap of the Day Signature Side Salad Tater Tots	17 Queso Fajita Chicken Nachos White Queso Nachos (V) Fresh Deli Subs Baby Carrots • Black Beans Seasoned Crinkle Fries	18 Crispy Chicken of the Day with Roll Classic Pizza Slice: Cheese (V) or Pepperoni Wrap of the Day Signature Side Salad Sweet Potato Waffle Fries Chocolate Chip Cookie	19 Classic Pizza Slice: Cheese (V) Popcorn Shrimp with Mac & Cheese Mac & Cheese (V) Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Farm Fresh Roasted Green Beans Seasoned Crinkle Fries
22 Chicken & Waffles Mini Cheese Quesadillas (V) Fresh Deli Subs Baby Carrots • Tater Tots	23 General Tso's Chicken with Fried Rice Classic Pizza Slice: Cheese (V) or Buffalo Chicken Wrap of the Day Signature Side Salad Steamed Broccoli Seasoned Crinkle Fries	24 Grande Walking Nachos White Queso Walking Nachos (V) Mozzarella Cheese Sticks (V) Fresh Deli Subs Baby Carrots • Black Beans Tater Tots	25 Beef Tips with Gravy with Roll Classic Pizza Slice: Cheese (V) Wrap of the Day Signature Side Salad Ranch Mashed Potatoes Seasoned Crinkle Fries Chocolate Chip Cookie	26 Classic Pizza Slice: Cheese (V) or Pepperoni Seafood Basket Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Farm Fresh Roasted Green Beans Tater Tots
29 Spaghetti with Meat Sauce Classic Pizza Slice: Cheese (V) or Meat Lover's Jammer (V) • Fresh Deli Subs 100% Fruit Slushie Baby Carrots • Steamed Broccoli Seasoned Crinkle Fries	30 Mongolian Beef with Rice Cheese Stuffed Breadsticks (V) Wrap of the Day Signature Side Salad Farm Roasted Green Beans Tater Tots			

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)

TILTON COUNTY SCHOOLS  
SCHOOL NUTRITION  
Tasty Eats  
WHERE STUDENTS COME FIRST



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