

August | 2022

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
Truly Eats
WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| <p>8 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p> | <p>9 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p> | <p>10 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p> | <p>11 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p> | <p>12 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p> |
| <p>15 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p> | <p>16 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p> | <p>17 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p> | <p>18 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p> | <p>19 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p> |
| <p>22 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p> | <p>23 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p> | <p>24 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p> | <p>25 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p> | <p>26 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p> |
| <p>29 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p> | <p>30 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p> | <p>31 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p> | <p>Breakfast Price Student: \$1.25 Reduced: \$0.30 Adult: \$2.00</p> | |

daily assorted choice of milk • daily fresh fruits • 100% fruit juice

locally sourced ingredients offered regularly

daily vegetarian option (V)

August | 2022

Middle School LUNCH MENU

Menu Subject to Change Based on Product Availability.

Welcome back!

Student tested & Chef crafted NEW entrees:

- Buffalo MorningStar Chik'n Nuggets
- Asian Style MorningStar Chik'n Nuggets
- Fiesta Chicken with Rice
- Fiesta Beans with Rice
- 3-Bean Chili with Cornbread
- Veggie Pasta Bake
- Alfredo Pasta
- Waffles with Scrambled Eggs

Be on the lookout for locally grown watermelon!



FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Eats
WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| <p>8 Veggie Lasagna with Breadstick (V) Nashville Hot Chicken Nuggets with Breadstick Buffalo MorningStar Chik'n Nuggets with Breadstick (V) Fresh Deli Subs Baby Carrots • Crinkle Fries</p> | <p>9 General Tso's Chicken with Rice Asian MorningStar Chik'n With Rice (V) Classic Pizza Slice: Cheese (V) or Meat Lover's Wrap of the Day Signature Side Salad Steamed Broccoli</p> | <p>10 Fiesta Chicken with Rice Fiesta Beans with Rice (V) Burger • Veggie Burger (V) Fresh Deli Subs Baby Carrots • Steamed Corn</p> | <p>11 Crispy Chicken of the Day with Cornbread Classic Pizza Slice: Cheese (V) or Pepperoni 3-Bean Chili with Cornbread (V) Wrap of the Day Signature Side Salad Roasted Green Beans Chocolate Chip Cookie</p> | <p>12 Classic Pizza Slice: Cheese (V) Crispy Cod Nuggets with Mac & Cheese Mac & Cheese (V) Steak Sliders Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Baked Beans</p> |
| <p>15 Italian Pasta Bake Veggie Pasta Bake (V) Chicken Tenders with Breadstick MorningStar Chik'n Nuggets with Breadstick (V) Fresh Deli Subs Baby Carrots • Steamed Broccoli</p> | <p>16 Teriyaki Chicken with Rice Classic Pizza Slice: Cheese (V) or Buffalo Chicken Jamwich (V) Wrap of the Day Signature Side Salad Edamame Succotash</p> | <p>17 Grande Nachos Cheese Nachos (V) Hot Dog Veggie Burger (V) Fresh Deli Subs Baby Carrots • Black Beans</p> | <p>18 Crispy Chicken of the Day with Texas Toast Classic Pizza Slice: Cheese (V) or Pepperoni Mozzarella Cheese Sticks (V) Wrap of the Day Signature Side Salad Roasted Green Beans Chocolate Chip Cookie</p> | <p>19 Classic Pizza Slice: Cheese (V) Seafood Basket Chicken Filet Sandwich 3-Bean Chili with Hushpuppies (V) Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Tater Tots</p> |
| <p>22 Chicken Alfredo with Breadstick Alfredo Pasta (V) Southern Style Chicken Bites with Breadstick MorningStar Chik'n Nuggets with Breadstick (V) Fresh Deli Subs Baby Carrots • Steamed Broccoli</p> | <p>23 Tangerine Chicken with Rice Asian Style MorningStar Chik'n With Rice (V) Classic Pizza Slice: Cheese (V) or Meat Lover's Wrap of the Day Signature Side Salad Roasted Green Beans</p> | <p>24 Tex Mex Nachos Cheese Nachos (V) Cheese Steakburger Veggie Burger (V) Fresh Deli Subs Baby Carrots • Black Beans</p> | <p>25 Crispy Chicken of the Day with Texas Toast Classic Pizza Slice: Cheese (V) or Pepperoni Jamwich (V) Wrap of the Day Signature Side Salad • Steamed Corn Chocolate Chip Cookie</p> | <p>26 Classic Pizza Slice: Cheese (V) Crispy Cod Nuggets with Mac & Cheese Mac & Cheese (V) Spicy Chicken Sandwich Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Sweet Potato Waffle Fries</p> |
| <p>29 Chicken & Waffles Waffles with Scrambled Eggs (V) Mini Cheese Calzones (V) Fresh Deli Subs Baby Carrots • Tater Tots</p> | <p>30 Spicy Sichuan Chicken with Rice Asian MorningStar Chik'n with Rice (V) Classic Pizza Slice: Cheese (V) or Buffalo Chicken Wrap of the Day Signature Side Salad Steamed Broccoli</p> | <p>31 Fajita Chicken Nachos Cheese Nachos (V) Hot Dog Jamwich (V) Fresh Deli Subs Baby Carrots Sweet Potato Waffle Fries</p> | <p>Daily offerings: • Chef selection salads • Assorted choice of milk • Fresh fruits & veggies <i>locally sourced ingredients offered regularly</i> vegetarian option (V)</p> | <p>Lunch Price Student: \$2.70 Reduced: \$0.40 Adult: \$4.00</p> |