

# December | 2021

# Middle 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
6 Chicken Biscuit Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	7 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	1 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	2 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	3 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
13 Chicken Biscuit Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	14 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	8 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	9 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	10 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
20 <b>Schools Closed Winter Break</b>	21 <b>Schools Closed Winter Break</b>	15 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	16 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	17 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
27 <b>Schools Closed Winter Break</b>	28 <b>Schools Closed Winter Break</b>	22 <b>Schools Closed Winter Break</b>	23 <b>Schools Closed Winter Break</b>	24 <b>Schools Closed Winter Break</b>
		29 <b>Schools Closed Winter Break</b>	30 <b>Schools Closed Winter Break</b>	31 <b>Schools Closed Winter Break</b>

Breakfast Croissant = Egg & Cheese Croissant OR Bacon, Egg & Cheese Croissant,  
OR Sausage, Egg, & Cheese Croissant, OR Turkey & Cheese Croissant

Daily Assorted Milk • Daily Fresh Fruits  
100% Fruit Juice  
Locally Sourced Ingredients Offered Regularly  
**Daily Vegetarian Option**

**Breakfast Price**  
Student: FREE  
Adult: \$1.60

# December | 2021

# Middle 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



FULTON COUNTY SCHOOLS  
**SCHOOL NUTRITION**  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily assorted milk • Daily fresh fruits & veggies <i>Locally Sourced Ingredients Offered Regularly</i> <b>Daily Vegetarian Option</b>				
6 Nashville Hot Chicken Nuggets with Breadstick <b>Mozzarella Cheese Sticks</b> Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Crinkle Cut French Fries	7 General Tso's Chicken with Brown Rice Mini Pepperoni Calzones Wrap of the Day • <b>Jamwich</b> Chef Selection Salad Signature Side Salad Peas & Carrots	1 <b>Nachos</b> Hot Dog Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Sweet Potato Fries	2 Crispy Chicken of the Day with Roll Classic Pizza Slice: Pepperoni Wrap of the Day • <b>Jamwich</b> Chef Selection Salad Signature Side Salad Baked Beans Chocolate Chip Cookie	3 Classic Pizza Slice: <b>Cheese</b> Filet of Fish Sandwich Chicken Taquito Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower
13 Italian Pasta Bake with Breadstick Chicken Tenders with Breadstick Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Steamed Broccoli	14 Teriyaki Chicken with Brown Rice Classic Pizza Slice: Meat Lover's Wrap of the Day • <b>Jamwich</b> Chef Selection Salad Signature Side Salad Edamame Succotash	8 <b>Nachos</b> Steakburger Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Black Beans	9 Crispy Chicken of the Day with Texas Toast Classic Pizza Slice: Pepperoni Wrap of the Day • <b>Jamwich</b> Chef Selection Salad Signature Side Salad Steamed Broccoli Chocolate Chip Cookie	10 Classic Pizza Slice: <b>Cheese</b> Crispy Cod Nuggets with Mac & Cheese <b>Mac &amp; Cheese</b> Mini Burgers Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Carrot, Cucumber & Cherry Tomato Green Beans
20 <b>Schools Closed Winter Break</b>	21 <b>Schools Closed Winter Break</b>	15 <b>Nachos</b> Hot Dog Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Mixed Veggies	16 Crispy Chicken of the Day with Roll Classic Pizza Slice: Pepperoni Wrap of the Day • <b>Jamwich</b> Chef Selection Salad Signature Side Salad Baked Beans Chocolate Chip Cookie	17 Classic Pizza Slice: <b>Cheese</b> Seafood Basket Chicken Filet Sandwich Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Carrot, Cucumber & Cherry Tomato Tater Tots
27 <b>Schools Closed Winter Break</b>	28 <b>Schools Closed Winter Break</b>	22 <b>Schools Closed Winter Break</b>	23 <b>Schools Closed Winter Break</b>	24 <b>Schools Closed Winter Break</b>
31 <b>Schools Closed Winter Break</b>	30 <b>Schools Closed Winter Break</b>	29 <b>Schools Closed Winter Break</b>	30 <b>Schools Closed Winter Break</b>	31 <b>Schools Closed Winter Break</b>

Bringing lunch from home?

❖ Select the **Pack Pal** from the café to enhance your lunchbox – it's **FREE!** ❖

**Lunch Price**

Student: FREE

Adult: \$3.45