

December | 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
5 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	6 Election Day Remote Learning Day	7 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	1 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	2 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
12 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	13 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	14 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	8 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	9 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
19 Winter Break Schools Closed	20 Winter Break Schools Closed	21 Winter Break Schools Closed	15 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	16 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
26 Winter Break Schools Closed	27 Winter Break Schools Closed	28 Winter Break Schools Closed	22 Winter Break Schools Closed	23 Winter Break Schools Closed
			29 Winter Break Schools Closed	30 Winter Break Schools Closed

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

locally sourced ingredients offered regularly

daily vegetarian option (V)

Breakfast Price

Student: \$1.25

Reduced: \$0.30

Adult: \$2.00

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Middle School LUNCH MENU

Menu Subject to Change Based on Product Availability.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Veggie Lasagne with Breadstick (V) Nashville Hot Chicken Nuggets with Breadstick Buffalo Chik'n Nuggets with Breadstick (V) Fresh Deli Subs Baby Carrots • Crinkle Cut Fries 100% Fruit Slushie	6 Election Day Remote Learning Day	7 Fiesta Chicken & Rice Fiesta Beans & Rice (V) Burger • Veggie Burger (V) Fresh Deli Subs Baby Carrots Steamed Corn	1 Crispy Chicken of the Day with Cornbread Classic Pizza Slice: Cheese (V) or Pepperoni 3-Bean Chili with Cornbread (V) Wrap of the Day Baked Beans Carrot, Cucumber & Cherry Tomato Chocolate Chip Cookie	2 Classic Pizza Slice: Cheese (V) Filet of Fish Sandwich Cheese Quesadilla (V) Veggie Burger (V) Fresh Deli Subs Signature Side Salad Buffalo Cauliflower
12 Veggie Italian Pasta Bake with Breadstick (V) Chicken Tenders with Breadstick MorningStar Chik'n With Breadstick (V) Fresh Deli Subs Baby Carrots • Steamed Broccoli Holiday Jolly Fruit Slushie	13 Teriyaki Chicken with Rice Classic Pizza Slice: Cheese (V) or Buffalo Chicken Jamwich (V) Wrap of the Day Signature Side Salad Edamame Succotash	14 Grande Nachos Cheese Nachos (V) Beef Hot Dog Veggie Burger (V) Fresh Deli Subs Baby Carrots • Black Beans	8 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	9 Classic Pizza Slice: Cheese (V) Popcorn Shrimp with Mac & Cheese Mac & Cheese (V) Steak Sliders • Fresh Deli Subs Carrot, Cucumber & Cherry Tomato Baked Beans
19 Winter Break Schools Closed	20 Winter Break Schools Closed	21 Winter Break Schools Closed	15 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	16 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
26 Winter Break Schools Closed	27 Winter Break Schools Closed	28 Winter Break Schools Closed	22 Winter Break Schools Closed	23 Winter Break Schools Closed
			29 Winter Break Schools Closed	30 Winter Break Schools Closed

Celebrate
with
the Café

Harvest of the
Month: Oranges!



HEATON COUNTY SCHOOLS
SCHOOL NUTRITION
Daily Cafe
WHERE STUDENTS COME FIRST



Daily offerings:

Chef selection salads • Assorted choice of milk • Fresh fruits & veggies

locally sourced ingredients offered regularly

vegetarian option (V)

Lunch Price

Student: \$2.70

Reduced: \$0.40

Adult: \$4.00