

# February | 2023

# 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast Price</b> Student: \$1.25 Reduced: \$0.30 Adult: \$2.00</p>		<p>1 Chicken &amp; Waffle Griddle Waffle &amp; Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p>	<p>2 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p>	<p>3 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p>
<p>6 Steak Biscuit Pancake &amp; Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p>	<p>7 Sausage, Egg &amp; Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p>	<p>8 Chicken &amp; Waffle Griddle Waffle &amp; Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p>	<p>9 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p>	<p>10 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p>
<p>13 Steak Biscuit Pancake &amp; Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p>	<p>14 Sausage, Egg &amp; Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p>	<p>15 Chicken &amp; Waffle Griddle Waffle &amp; Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p>	<p>16 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p>	<p>17 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p>
<p>20 <b>Presidents' Day Schools Closed</b></p>	<p>21 <b>Professional Development Day Schools Closed</b></p>	<p>22 Chicken &amp; Waffle Griddle Waffle &amp; Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)</p>	<p>23 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)</p>	<p>24 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)</p>
<p>27 Steak Biscuit Pancake &amp; Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)</p>	<p>28 Sausage, Egg &amp; Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)</p>	<p>daily assorted choice of milk • daily fresh fruits • 100% fruit juice <i>locally sourced ingredients offered regularly</i> <b>daily vegetarian option (V)</b></p>		

# February | 2023

# Middle School LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Lunch Price**  
Student: \$2.70  
Reduced: \$0.40  
Adult: \$4.00

6 Southern Style Chicken Bites with Breadstick  
MorningStar Chik'n Nuggets with Breadstick (V)  
Veggie Lasagna with Breadstick (V)  
Fresh Deli Subs  
100% Fruit Slushie  
Baby Carrots • Steamed Broccoli

13 Chicken Alfredo Pasta with Cheese Stuffed Breadstick  
Veggie Alfredo Pasta with Cheese Stuffed Breadstick (V)  
Nashville Hot Chicken Nuggets with Breadstick  
Buffalo MorningStar Nuggets with Breadstick (V)  
Fresh Deli Subs  
100% Fruit Slushie  
Baby Carrots • Crinkle Fries

20  
**Presidents' Day  
Schools Closed**

27 Southern Style Chicken Bites with Breadstick  
MorningStar Chik'n Nuggets with Breadstick (V)  
Veggie Lasagna with Breadstick (V)  
Fresh Deli Subs  
100% Fruit Slushie  
Baby Carrots • Steamed Broccoli

7 Chicken Teriyaki Dumplings  
Teriyaki 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

14 General Tso's 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  
Steamed Broccoli

21  
**Professional  
Development Day  
Schools Closed**

28 Chicken Teriyaki Dumplings  
Teriyaki 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

1 Fajita Chicken Nachos  
Cheese Nachos (V)  
Turkey Hot Dog • Jamwich (V)  
Fresh Deli Subs  
Baby Carrots  
Sweet Potato Waffle Fries

8 Tex Mex Nachos  
Cheese Nachos (V)  
Burger  
Veggie Burger (V)  
Fresh Deli Subs  
Baby Carrots • Black Beans

15 BBQ Pork Nachos  
Cheese Nachos (V)  
Cheeseburger  
Veggie Burger (V)  
Fresh Deli Subs  
Baby Carrots  
Steamed Corn

22 Grande Nachos  
Cheese Nachos (V)  
Turkey Hot Dog  
Veggie Burger (V)  
Fresh Deli Subs  
Baby Carrots • Black Beans

2 Crispy Chicken of the Day with Cornbread  
Classic Pizza Slice: Cheese (V) or Pepperoni  
3-Bean Chili with Cornbread  
Wrap of the Day  
Signature Side Salad • Baked Beans  
Chocolate Chip Cookie

9 Super Bowl Special:  
Zesty Lemon & Pepper vs Louisiana Cajun  
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

16 Crispy Chicken of the Day with Cornbread  
3-Bean Chili with Cornbread (V)  
Classic Pizza Slice: Cheese (V) or Pepperoni  
Wrap of the Day  
Signature Side Salad  
Roasted Green Beans  
Chocolate Chip Cookie

23 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

3 Classic Pizza Slice: Cheese (V)  
Filet of Fish Sandwich  
Mini Cheese Quesadilla (V)  
Veggie Burger (V)  
Fresh Deli Subs  
Carrot, Cucumber & Cherry Tomato  
Buffalo Cauliflower

10 Classic Pizza Slice: Cheese (V)  
Spicy Chicken Sandwich  
Cod Nuggets with Mac & Cheese  
Mac & Cheese (V)  
Fresh Deli Subs  
Carrot, Cucumber & Cherry Tomato  
Kickin' Cajun Carrots

17 Classic Pizza Slice: Cheese (V)  
Popcorn Shrimp with Mac & Cheese  
Mac & Cheese (V) • Steak Sliders  
Fresh Deli Subs  
Carrot, Cucumber & Cherry Tomato  
Baked Beans

24 Classic Pizza Slice: Cheese (V)  
Seafood Basket with Shrimp  
Chicken Filet Sandwich  
3-Bean Chili with Hushpuppies (V)  
Fresh Deli Subs  
Carrot, Cucumber & Cherry Tomato  
Tater Tots

**Daily offerings:**

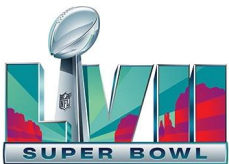
**Chef selection salads • Assorted choice of milk • Fresh fruits & veggies**  
*locally sourced ingredients offered regularly*  
**vegetarian option (V)**

**Menu Subject to Change Based on Product Availability.**

*This institution is an equal opportunity provider.*

Celebrate with  
the Café

Tackle the Day  
with  
School  
Nutrition  
Super Bowl LVII  
2/6-2/10



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**SCHOOL NUTRITION**  
*Truly Eats*  
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