

# January | 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



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 <b>Teacher Workday Schools Closed</b>	4 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	5 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	6 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
9 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	10 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	11 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	12 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	13 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
16 <b>MLK Jr. Holiday Schools Closed</b>	17 <b>Remote Learning Day Schools Closed</b>	18 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	19 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	20 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
23 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	24 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	25 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	26 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	27 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
30 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	31 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)			

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

# January | 2023

# Middle School LUNCH MENU

Menu Subject to Change Based on Product Availability.

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Celebrate  
with  
the Café

Harvest of the  
Month: Tomatoes!



## MONDAY

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

9  
Chicken & Waffles  
Scrambled Eggs with Waffles (V)  
Mini Cheese Calzones (V)  
Fresh Deli Subs  
Baby Carrots  
Tater Tots

16  
**MLK Jr. Holiday**  
**Schools Closed**

23  
Veggie Italian Pasta Bake with  
Breadstick (V)  
Chicken Tenders with Breadstick  
MorningStar Chik'n with  
Breadstick (V)  
Fresh Deli Subs  
Baby Carrots • Steamed Broccoli

30  
Chicken & Waffles  
Scrambled Eggs with Waffles (V)  
Mini Cheese Calzones (V)  
Fresh Deli Subs  
Baby Carrots  
Tater Tots

## TUESDAY

**Teacher Workday**  
**Schools Closed**

10  
Spicy Sichuan Chicken with Rice  
Teriyaki MorningStar Chik'nwith Rice (V)  
Classic Pizza Slice:  
Cheese (V) or Buffalo Chicken  
Wrap of the Day  
Signature Side Salad • Steamed Broccoli

17  
**Remote Learning Day**  
**Schools Closed**

24  
Teriyaki Chicken with Rice  
Classic Pizza Slice:  
Cheese (V) or Buffalo Chicken  
Jamwich (V) • Wrap of the Day  
Signature Side Salad  
Edamame Succotash

31  
Spicy Sichuan Chicken with Rice  
Teriyaki MorningStar Chik'nwith Rice (V)  
Classic Pizza Slice:  
Cheese (V) or Buffalo Chicken  
Wrap of the Day  
Signature Side Salad • Steamed Broccoli

## WEDNESDAY

4  
Tex Mex Nachos  
Cheese Nachos (V)  
Burger  
Veggie Burger (V)  
Fresh Deli Subs  
Baby Carrots • Black Beans

11  
Fajita Chicken Nachos  
Cheese Nachos (V)  
Turkey Hot Dog • Jamwich (V)  
Fresh Deli Subs  
Baby Carrots  
Sweet Potato Waffle Fries

18  
Pork Carnitas Nachos  
Cheese Nachos (V)  
Cheeseburger  
Veggie Burger (V)  
Fresh Deli Subs  
Baby Carrots • Steamed Corn

25  
Grande Nachos  
Cheese Nachos (V)  
Turkey Hot Dog  
Veggie Burger (V)  
Fresh Deli Subs  
Baby Carrots • Black Beans

## THURSDAY

5  
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

12  
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

19  
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

26  
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

## FRIDAY

6  
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

13  
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

20  
Classic Pizza Slice: Cheese (V)  
Popcorn Shrimp with Mac & Cheese  
Mac & Cheese (V) • Steak Sliders  
Fresh Deli Subs  
Carrot, Cucumber & Cherry Tomato  
Baked Beans

27  
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)**

FULTON COUNTY SCHOOLS  
**SCHOOL NUTRITION**  
Daily Meals  
WHERE STUDENTS COME FIRST

