

# January | 2022

# 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
<p>3 <b>Schools Closed Teacher Workday</b></p>	<p>4 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>5 Chicken Biscuit Pancake &amp; Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>6 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>7 Chicken Biscuit Pancake &amp; Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>10 Chicken Biscuit Cinnamon Glazed Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>11 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>12 Chicken Biscuit Pancake &amp; Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>13 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>14 Chicken Biscuit Pancake &amp; Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>17 <b>Schools Closed M.L. King Jr. Holiday</b></p>	<p>18 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>19 Chicken Biscuit Pancake &amp; Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>20 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>21 Chicken Biscuit Pancake &amp; Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>24 Chicken Biscuit Cinnamon Glazed Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>25 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>26 Chicken Biscuit Pancake &amp; Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p>27 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit</p>	<p>28 Chicken Biscuit Pancake &amp; Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>
<p>31 Chicken Biscuit Cinnamon Glazed Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit</p>	<p><b>Breakfast Croissant = Egg &amp; Cheese Croissant <u>OR</u> Bacon, Egg &amp; Cheese Croissant, <u>OR</u> Sausage, Egg, &amp; Cheese Croissant, <u>OR</u> Turkey &amp; Cheese Croissant</b></p>			

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

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

# January | 2022

# 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**  
*Truly Eats*  
WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>Schools Closed Teacher Workday</b></p>	<p><b>4</b></p> <p>Tangerine Chicken with Brown Rice Mini Pepperoni Calzones Wrap of the Day • <b>Jamwich</b> Chef Selection Salad Signature Side Salad Peas &amp; Carrots</p>	<p><b>5</b></p> <p><b>Nachos</b> Steakburger Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Black Beans</p>	<p><b>6</b></p> <p>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 Corn Chocolate Chip Cookie</p>	<p><b>7</b></p> <p>Classic Pizza Slice: <b>Cheese Mac &amp; Cheese</b> Crispy Cod Nuggets with Mac &amp; Cheese Spicy Deluxe Chicken Sandwich Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Carrot, Cucumber &amp; Cherry Tomato Sweet Potato Waffle Fries</p>
<p><b>10</b></p> <p>Chicken &amp; Waffles <b>Mini Cheese Calzones</b> Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Tater Tots</p>	<p><b>11</b></p> <p>Spicy Sichuan Chicken with Brown Rice Classic Pizza Slice: Meat Lover's Wrap of the Day • <b>Jamwich</b> Chef Selection Salad Signature Side Salad Steamed Broccoli</p>	<p><b>12</b></p> <p><b>Nachos</b> Hot Dog Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Sweet Potato Fries</p>	<p><b>13</b></p> <p>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</p>	<p><b>14</b></p> <p>Classic Pizza Slice: <b>Cheese</b> Filet of Fish Sandwich Chicken Taquito Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Carrot, Cucumber &amp; Cherry Tomato Buffalo Cauliflower</p>
<p><b>17</b></p> <p><b>Schools Closed M.L. King Jr. Holiday</b></p>	<p><b>18</b></p> <p>General Tso's Chicken with Brown Rice Mini Pepperoni Calzones Wrap of the Day • <b>Jamwich</b> Chef Selection Salad Signature Side Salad Peas &amp; Carrots</p>	<p><b>19</b></p> <p><b>Nachos</b> Steakburger Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Black Beans</p>	<p><b>20</b></p> <p>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</p>	<p><b>21</b></p> <p>Classic Pizza Slice: <b>Cheese Mac &amp; Cheese</b> Crispy Cod Nuggets with Mac &amp; Cheese Mini Cheeseburgers Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Carrot, Cucumber &amp; Cherry Tomato Green Beans</p>
<p><b>24</b></p> <p>Italian Pasta Bake with Breadstick Chicken Tenders with Breadstick Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Steamed Broccoli</p>	<p><b>25</b></p> <p>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</p>	<p><b>26</b></p> <p><b>Nachos</b> Hot Dog Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Mixed Veggies</p>	<p><b>27</b></p> <p>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</p>	<p><b>28</b></p> <p>Classic Pizza Slice: <b>Cheese Seafood Basket</b> Chicken Filet Sandwich Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Carrot, Cucumber &amp; Cherry Tomato Tater Tots</p>
<p><b>31</b></p> <p>Chicken Alfredo with Breadstick Southern Style Chicken Bites with Breadstick Fresh Deli Subs • <b>Jamwich</b> Chef Selection Salad Baby Carrots Steamed Broccoli</p>	<p><b>Lunch Price</b> Student: FREE Adult: \$3.45</p>			
<p>Daily assorted milk • Daily fresh fruits &amp; veggies Locally Sourced Ingredients Offered Regularly <b>Daily Vegetarian Option</b> Bringing lunch from home? ❖ Select the <b>Pack Pal</b> from the cafe to enhance your lunchbox – it's <b>FREE!</b> ❖</p>				