

# November | 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   |
|--|--|---|--|--|
| <p>Daily offerings:<br/>fresh fruits • 100% fruit juice<br/>choice of milk<br/><i>locally sourced ingredients offered regularly</i><br/><b>daily vegetarian option (V)</b></p> |  | <p>1<br/>Chicken &amp; Waffle Griddle<br/>Waffle &amp; Sausage Griddle<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p>  | <p>2<br/>Sausage Biscuit<br/>French Toast Sticks (V)<br/>Pop-Tart with Yogurt (V)</p>  | <p>3<br/>Chicken Biscuit<br/>Cinnamon Glazed Pancakes (V)<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p>  |
| <p>6<br/>Chicken Biscuit<br/>Pancake &amp; Sausage<br/>on a Stick<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p>  | <p>7<br/><i>Remote Learning Day<br/>Election Day</i></p>   | <p>8<br/>Chicken &amp; Waffle Griddle<br/>Waffle &amp; Sausage Griddle<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p>  | <p>9<br/>Sausage Biscuit<br/>French Toast Sticks (V)<br/>Pop-Tart with Yogurt (V)</p>  | <p>10<br/>Chicken Biscuit<br/>Cinnamon Glazed Pancakes (V)<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p> |
| <p>13<br/>Chicken Biscuit<br/>Pancake &amp; Sausage<br/>on a Stick<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p>   | <p>14<br/>Sausage, Egg &amp;<br/>Cheese Croissant<br/>French Toast Sticks (V)<br/>Muffin with Yogurt (V)</p> | <p>15<br/>Chicken &amp; Waffle Griddle<br/>Waffle &amp; Sausage Griddle<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p> | <p>16<br/>Sausage Biscuit<br/>French Toast Sticks (V)<br/>Pop-Tart with Yogurt (V)</p> | <p>17<br/>Chicken Biscuit<br/>Cinnamon Glazed Pancakes (V)<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p> |
| <p>20<br/><i>Schools Closed<br/>Thanksgiving Break</i></p>   | <p>21<br/><i>Schools Closed<br/>Thanksgiving Break</i></p>   | <p>22<br/><i>Schools Closed<br/>Thanksgiving Break</i></p>  | <p>23<br/><i>Schools Closed<br/>Thanksgiving Break</i></p>                             | <p>24<br/><i>Schools Closed<br/>Thanksgiving Break</i></p>   |
| <p>27<br/>Chicken Biscuit<br/>Pancake &amp; Sausage<br/>on a Stick<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p>   | <p>28<br/>Sausage, Egg &amp;<br/>Cheese Croissant<br/>French Toast Sticks (V)<br/>Muffin with Yogurt (V)</p> | <p>29<br/>Chicken &amp; Waffle Griddle<br/>Waffle &amp; Sausage Griddle<br/>Assorted Cereal (V)<br/>Assorted Cereal (V)</p> | <p>30<br/>Sausage Biscuit<br/>French Toast Sticks (V)<br/>Pop-Tart with Yogurt (V)</p> | <p><b>Breakfast Price</b><br/>Student: \$1.25<br/>Reduced: \$0.30<br/>Adult: \$2.75</p>                        |

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# Middle School LUNCH MENU

Menu Subject to Change Based on Product Availability.

This institution is an equal opportunity provider.

Celebrate with  
the Café  
Harvest of the  
Month:  
GA Grown Kale!



Daily offerings:

- Chef selection hot sandwiches & chicken basket
  - Chef selection salads
  - Assorted fresh fruits & veggies
  - Choice of milk
- locally sourced ingredients offered regularly
- vegetarian option (V)**

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| 6<br>Chicken & Waffles<br>Mini Cheese Quesadillas (V)<br>Fresh Deli Subs<br>Baby Carrots • Tater Tots   | 7<br><i>Remote Learning Day<br/>Election Day</i>  | 1<br>Queso Fajita Chicken Nachos<br>White Queso Nachos (V)<br>Fresh Deli Subs<br>Baby Carrots • Black Beans<br>Seasoned Crinkle Fries                        | 2<br>Crispy Chicken of the Day with Roll<br>Classic Pizza Slice:<br>Cheese (V) or Pepperoni<br>Wrap of the Day<br>Signature Side Salad • Tater Tots<br>Chocolate Chip Cookie   | 3<br>Classic Pizza Slice: Cheese (V)<br>Popcorn Shrimp with Mac & Cheese<br>Mac & Cheese (V)<br>Fresh Deli Subs<br>Carrot, Cucumber & Cherry Tomato<br>Seasoned Crinkle Fries<br>Seasonal Veggie: Collard Greens |
| 13<br>Italian Pasta Bake with Breadstick<br>Jammer (V) • Fresh Deli Subs<br>100% Fruit Slushie<br>Baby Carrots • Steamed Broccoli<br>Seasoned Crinkle Fries | 14<br>Chicken Teriyaki Dumplings<br>Classic Pizza Slice:<br>Cheese (V) or Meat Lover's<br>Cheese Stuffed Breadsticks (V)<br>Wrap of the Day<br>Signature Side Salad<br>Roasted Green Beans • Tater Tots | 8<br>Grande Walking Nachos<br>White Queso Walking Nachos (V)<br>Mozzarella Cheese Sticks (V)<br>Fresh Deli Subs<br>Baby Carrots<br>Black Beans<br>Tater Tots | 9<br>Crispy Chicken of the Day with Texas Toast<br>Classic Pizza Slice:<br>Cheese (V) or Pepperoni<br>Wrap of the Day<br>Signature Side Salad • Roasted Green Beans<br>Seasoned Crinkle Fries<br>Chocolate Chip Cookie | 10<br>Classic Pizza Slice: Cheese (V)<br>Seafood Basket<br>Fresh Deli Subs<br>Carrot, Cucumber & Cherry Tomato<br>Tater Tots<br>Harvest of the Month: Kale Chips   |
| 20<br><i>Schools Closed<br/>Thanksgiving Break</i>  | 21<br><i>Schools Closed<br/>Thanksgiving Break</i>  | 15<br>Tex Mex Nachos<br>Cheese Nachos (V)<br>Fresh Deli Subs<br>Baby Carrots<br>Black Beans<br>Seasoned Crinkle Fries  | 16<br>Crispy Chicken of the Day with Texas Toast<br>Classic Pizza Slice:<br>Cheese (V) or Pepperoni<br>Wrap of the Day<br>Signature Side Salad • Tater Tots<br>Chocolate Chip Cookie                                   | 17<br>Classic Pizza Slice: Cheese (V)<br>Popcorn Shrimp with Mac & Cheese<br>Mac & Cheese (V)<br>Fresh Deli Subs<br>Carrot, Cucumber & Cherry Tomato<br>Kickin' Cajun Carrots<br>Seasoned Crinkle Fries          |
| 27<br>Chicken & Waffles<br>Mini Cheese Quesadillas (V)<br>Fresh Deli Subs<br>Baby Carrots • Tater Tots  | 28<br>Tangerine Chicken with Fried Rice<br>Classic Pizza Slice:<br>Cheese (V) or Buffalo Chicken<br>Wrap of the Day<br>Signature Side Salad<br>Steamed Broccoli<br>Seasoned Crinkle Fries               | 22<br><i>Schools Closed<br/>Thanksgiving Break</i>   | 23<br><i>Schools Closed<br/>Thanksgiving Break</i>   | 24<br><i>Schools Closed<br/>Thanksgiving Break</i>   |
|   |   | 29<br>Grande Walking Nachos<br>Queso Walking Nachos (V)<br>Cheese Stuffed Breadsticks (V)<br>Fresh Deli Subs<br>Baby Carrots • Tater Tots                    | 30<br>Crispy Chicken of the Day with Roll<br>Classic Pizza Slice:<br>Cheese (V) or Pepperoni<br>Jammer (V) • Wrap of the Day<br>Signature Side Salad<br>Baked Beans • Seasoned Crinkle Fries<br>Chocolate Chip Cookie  | <b>Lunch Price</b><br>Student: \$2.70<br>Reduced: \$0.40<br>Adult: \$4.75  |

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Enjoy a variety of on-the-go, student-favorite burgers, hot sandwiches, or chicken baskets through the Express Eats line.  
*Rotating options available daily from the Café!*

