

November | 2021

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
1 Chicken Biscuit Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	2 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	3 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	4 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	5 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
8 Chicken Biscuit Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	9 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	10 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	11 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	12 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
15 Chicken Biscuit Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	16 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	17 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	18 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	19 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
22 Schools Closed Thanksgiving Break	23 Schools Closed Thanksgiving Break	24 Schools Closed Thanksgiving Break	25 Schools Closed Thanksgiving Break	26 Schools Closed Thanksgiving Break
29 Chicken Biscuit Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	30 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	Daily Assorted Milk • Daily Fresh Fruits 100% Fruit Juice <i>Locally Sourced Ingredients Offered Regularly</i> Daily Vegetarian Option		Breakfast Price Student: FREE Adult: \$1.60

Breakfast Croissant = Egg & Cheese Croissant OR Bacon, Egg & Cheese Croissant,
OR Sausage, Egg, & Cheese Croissant, OR Turkey & Cheese Croissant

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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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Nashville Hot Chicken Nuggets with Breadstick Mozzarella Cheese Sticks Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Crinkle Cut French Fries</p>	<p>2 General Tso's Chicken with Brown Rice Classic Pizza Slice: Meat Lover's Mini Pepperoni Calzones Wrap of the Day • Jamwich Chef Selection Salad Signature Side Salad Peas & Carrots</p>	<p>3 Nachos Steakburger Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Black Beans</p>	<p>4 Crispy Chicken of the Day with Texas Toast Classic Pizza Slice: Pepperoni Wrap of the Day • Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli Chocolate Chip Cookie</p>	<p>5 Classic Pizza Slice: Cheese Crispy Cod Nuggets with Mac & Cheese Mac & Cheese Mini Burgers Fresh Deli Subs • Jamwich Chef Selection Salad Carrot, Cucumber & Cherry Tomato Green Beans</p>
<p>8 Italian Pasta Bake with Breadstick Chicken Tenders with Breadstick Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Steamed Broccoli</p>	<p>9 Teriyaki Chicken with Brown Rice Classic Pizza Slice: Buffalo Chicken Wrap of the Day • Jamwich Chef Selection Salad Signature Side Salad Edamame Succotash</p>	<p>10 Nachos Hot Dog Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Mixed Veggies</p>	<p>11 Crispy Chicken of the Day with Roll Classic Pizza Slice: Pepperoni Wrap of the Day • Jamwich Chef Selection Salad Signature Side Salad Baked Beans Chocolate Chip Cookie</p>	<p>12 Classic Pizza Slice: Cheese Seafood Basket Chicken Filet Sandwich Fresh Deli Subs • Jamwich Chef Selection Salad Carrot, Cucumber & Cherry Tomato Tater Tots</p>
<p>15 Chicken Alfredo with Breadstick Southern Style Chicken Bites with Breadstick Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Steamed Broccoli</p>	<p>16 Tangerine Chicken with Brown Rice Classic Pizza Slice: Meat Lover's Mini Pepperoni Calzones Wrap of the Day • Jamwich Chef Selection Salad Signature Side Salad Peas & Carrots</p>	<p>17 Nachos Steakburger Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Black Beans</p>	<p>18 Crispy Chicken of the Day with Texas Toast Classic Pizza Slice: Pepperoni Wrap of the Day • Jamwich Chef Selection Salad Signature Side Salad Steamed Corn Chocolate Chip Cookie</p>	<p>19 Classic Pizza Slice: Cheese Crispy Cod Nuggets with Mac & Cheese Mac & Cheese Spicy Deluxe Chicken Sandwich Fresh Deli Subs • Jamwich Chef Selection Salad Carrot, Cucumber & Cherry Tomato Sweet Potato Fries</p>
<p>22 Schools Closed Thanksgiving Break</p>	<p>23 Schools Closed Thanksgiving Break</p>	<p>24 Schools Closed Thanksgiving Break</p>	<p>25 Schools Closed Thanksgiving Break</p>	<p>26 Schools Closed Thanksgiving Break</p>
<p>29 Chicken & Waffles Mini Cheese Calzones Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Tater Tots</p>	<p>30 Spicy Sichuan Chicken with Brown Rice Classic Pizza Slice: Buffalo Chicken Wrap of the Day • Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli</p>	<p>Bringing lunch from home? ❖ Select the Pack Pal from the café to enhance your lunchbox – it's FREE! ❖ Daily assorted milk • Daily fresh fruits & veggies Locally Sourced Ingredients Offered Regularly Daily Vegetarian Option</p>		

Lunch Price - Student: FREE

Adult: \$3.45