

October | 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		1 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
4 Chicken Biscuit Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	5 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	6 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	7 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	8 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
11 Schools Closed Columbus Day	12 Schools Closed Teacher Work Day	13 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	14 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	15 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
18 Chicken Biscuit Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	19 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	20 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	21 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	22 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit
25 Chicken Biscuit Mini Pancakes Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	26 Breakfast Croissant French Toast Sticks Muffin with Yogurt 100% Fruit Juice Assorted Fresh Fruit	27 Chicken Biscuit Pancake & Sausage on a Stick Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit	28 Sausage Biscuit French Toast Sticks Cereal Bar with Yogurt 100% Fruit Juice Assorted Fresh Fruit	29 Chicken Biscuit Pancake & Sausage Bites Assorted Cereals 100% Fruit Juice Assorted Fresh Fruit

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



FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Truly Eats
WHERE STUDENTS COME FIRST



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily assorted milk • Daily fresh fruits & veggies <i>Locally Sourced Ingredients Offered Regularly</i> Daily Vegetarian Option</p> <p>Lunch Price Student: FREE Adult: \$3.45</p>		<p>Bringing lunch from home? ❖ Select the Pack Pal from the café to enhance your lunchbox – it's FREE! ❖</p>		<p>1 Classic Pizza Slice: Cheese Filet of Fish Sandwich Chicken Taquito Fresh Deli Subs • Jamwich Chef Selection Salad Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower</p>
<p>4 Nashville Hot Chicken Nuggets with Breadstick Mozzarella Cheese Sticks Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Crinkle Cut French Fries</p>	<p>5 General Tso's Chicken with Brown Rice Classic Pizza Slice: Meat Lover's Wrap of the Day • Jamwich Chef Selection Salad Signature Side Salad Peas & Carrots</p>	<p>6 Nachos Steakburger Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Black Beans</p>	<p>7 Southern Breaded Chicken 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>8 Classic Pizza Slice: Cheese Crispy Cod Nuggets with Mac & Cheese Mini Burgers Fresh Deli Subs • Jamwich Chef Selection Salad Carrot, Cucumber & Cherry Tomato Green Beans</p>
<p>11 Schools Closed Columbus Day</p>	<p>12 Schools Closed Teacher Work Day</p>	<p>13 Nachos Hot Dog Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Mixed Veggies</p>	<p>14 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>15 Classic Pizza Slice: Cheese Seafood Basket Chicken Filet Sandwich Fresh Deli Subs • Jamwich Chef Selection Salad Carrot, Cucumber & Cherry Tomato Tater Tots</p>
<p>18 Chicken Alfredo with Breadstick Southern Style Chicken Bites with Breadstick Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Steamed Broccoli</p>	<p>19 Tangerine Chicken with Brown Rice Classic Pizza Slice: Meat Lover's Wrap of the Day • Jamwich Chef Selection Salad Signature Side Salad Peas & Carrots</p>	<p>20 Nachos Steakburger Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Black Beans</p>	<p>21 Southern Breaded Chicken 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>22 Classic Pizza Slice: Cheese Crispy Cod Nuggets with Mac & Cheese Spicy Chicken Sandwich Fresh Deli Subs • Jamwich Chef Selection Salad Carrot, Cucumber & Cherry Tomato Sweet Potato Fries</p>
<p>25 Chicken & Waffles Mini Cheese Calzones Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Tater Tots</p>	<p>26 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>27 Nachos Hot Dog Fresh Deli Subs • Jamwich Chef Selection Salad Baby Carrots Sweet Potato Fries</p>	<p>28 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>29 Classic Pizza Slice: Cheese Filet of Fish Sandwich Chicken Taquito Fresh Deli Subs • Jamwich Chef Selection Salad Carrot, Cucumber & Cherry Tomato Buffalo Cauliflower</p>