

# September | 2022

# 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
5 <b>Labor Day Schools Closed</b>	6 <b>Remote Learning Day</b>	7 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	1 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	2 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
12 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	13 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	14 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	8 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	9 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
19 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	20 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	21 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	15 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	16 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
26 Steak Biscuit Pancake & Sausage on a Stick Assorted Cereal (V) Assorted Cereal (V)	27 Sausage, Egg & Cheese Croissant French Toast Sticks (V) Muffin with Yogurt (V)	28 Chicken & Waffle Griddle Waffle & Sausage Griddle Assorted Cereal (V) Assorted Cereal (V)	22 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	23 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (V)
			29 Sausage Biscuit French Toast Sticks (V) Pop-Tart with Yogurt (V)	30 Chicken Biscuit Cinnamon Glazed Pancakes (V) Assorted Cereal (V) Assorted Cereal (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

# September | 2022

# Middle School LUNCH MENU

Menu Subject to Change Based on Product Availability.

Celebrate with  
the Café

World School Milk Day 9/25  
Hispanic Heritage Month  
Better Breakfast Month  
National Food Safety  
Education Month



This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Daily offerings:</u></p> <ul style="list-style-type: none"> <li>• Chef selection salads</li> <li>• Assorted choice of milk</li> <li>• Fresh fruits &amp; veggies</li> </ul> <p><i>locally sourced ingredients offered regularly</i> <b>vegetarian option (V)</b></p>	<p><b>Lunch Price</b> Student: \$2.70 Reduced: \$0.40 Adult: \$4.00</p>		<p><b>1</b> Crispy Chicken of the Day with Cornbread Classic Pizza Slice: <b>Cheese (V)</b> or Pepperoni <b>3-Bean Chili with Cornbread (V)</b> Wrap of the Day Signature Side Salad • Baked Beans Chocolate Chip Cookie</p>	<p><b>2</b> Classic Pizza Slice: <b>Cheese (V)</b> Filet of Fish Sandwich <b>Mini Cheese Quesadilla (V)</b> <b>Veggie Burger (V)</b> Fresh Deli Subs Carrot, Cucumber &amp; Cherry Tomato Buffalo Cauliflower</p>
<p><b>5</b> Labor Day Schools Closed</p>	<p><b>6</b> Remote Learning Day</p>	<p><b>7</b> Fiesta Chicken with Rice <b>Fiesta Beans with Rice (V)</b> Burger <b>Veggie Burger (V)</b> Fresh Deli Subs Baby Carrots Steamed Corn</p>	<p><b>8</b> Crispy Chicken of the Day with Cornbread Classic Pizza Slice: <b>Cheese (V)</b> or Pepperoni <b>3-Bean Chili with Cornbread (V)</b> Wrap of the Day Signature Side Salad • Roasted Green Beans Chocolate Chip Cookie</p>	<p><b>9</b> Classic Pizza Slice: <b>Cheese (V)</b> Crispy Cod Nuggets with Mac &amp; Cheese <b>Mac &amp; Cheese (V)</b> Steak Sliders • Fresh Deli Subs Carrot, Cucumber &amp; Cherry Tomato Baked Beans</p>
<p><b>12</b> Italian Pasta Bake <b>Veggie Pasta Bake (V)</b> Chicken Tenders with Breadstick <b>MorningStar Chik'n Nuggets with Breadstick (V)</b> Fresh Deli Subs Baby Carrots • Steamed Broccoli</p>	<p><b>13</b> Teriyaki Chicken with Rice Classic Pizza Slice: <b>Cheese (V)</b> or Buffalo Chicken <b>Jamwich (V)</b> • Wrap of the Day Signature Side Salad Edamame Succotash</p>	<p><b>14</b> Grande Nachos <b>Cheese Nachos (V)</b> Hot Dog <b>Veggie Burger (V)</b> Fresh Deli Subs Baby Carrots Black Beans</p>	<p><b>15</b> Crispy Chicken of the Day with Texas Toast Classic Pizza Slice: <b>Cheese (V)</b> or Pepperoni <b>Mozzarella Cheese Sticks (V)</b> Wrap of the Day Signature Side Salad • Roasted Green Beans Chocolate Chip Cookie</p>	<p><b>16</b> Classic Pizza Slice: <b>Cheese (V)</b> Seafood Basket Chicken Filet Sandwich <b>3-Bean Chili with Hushpuppies (V)</b> Fresh Deli Subs Carrot, Cucumber &amp; Cherry Tomato Tater Tots</p>
<p><b>19</b> Chicken Alfredo with Breadstick <b>Alfredo Pasta (V)</b> Southern Style Chicken Bites with Breadstick <b>MorningStar Chik'n Nuggets with Breadstick (V)</b> Fresh Deli Subs Baby Carrots • Steamed Broccoli</p>	<p><b>20</b> Tangerine Chicken with Rice <b>Asian Style MorningStar Chik'n With Rice (V)</b> Classic Pizza Slice: <b>Cheese (V)</b> or Meat Lover's Wrap of the Day Signature Side Salad Roasted Green Beans</p>	<p><b>21</b> Tex Mex Nachos <b>Cheese Nachos (V)</b> Burger <b>Veggie Burger (V)</b> Fresh Deli Subs Baby Carrots Black Beans</p>	<p><b>22</b> Crispy Chicken of the Day with Texas Toast Classic Pizza Slice: <b>Cheese (V)</b> or Pepperoni <b>Jamwich (V)</b> • Wrap of the Day Signature Side Salad • Steamed Corn Chocolate Chip Cookie</p>	<p><b>23</b> Classic Pizza Slice: <b>Cheese (V)</b> Crispy Cod Nuggets with Mac &amp; Cheese <b>Mac &amp; Cheese (V)</b> Spicy Chicken Sandwich Fresh Deli Subs Carrot, Cucumber &amp; Cherry Tomato Sweet Potato Waffle Fries</p>
<p><b>26</b> Chicken &amp; Waffles Waffles with Scrambled Eggs (V) <b>Mini Cheese Calzones (V)</b> Fresh Deli Subs Baby Carrots • Tater Tots</p>	<p><b>27</b> Spicy Sichuan Chicken with Rice <b>Asian MorningStar Chik'n with Rice (V)</b> Classic Pizza Slice: <b>Cheese (V)</b> or Buffalo Chicken Wrap of the Day Signature Side Salad Steamed Broccoli</p>	<p><b>28</b> Fajita Chicken Nachos <b>Cheese Nachos (V)</b> Hot Dog <b>Jamwich (V)</b> Fresh Deli Subs Baby Carrots Sweet Potato Waffle Fries</p>	<p><b>29</b> Crispy Chicken of the Day with Cornbread Classic Pizza Slice: <b>Cheese (V)</b> or Pepperoni <b>3-Bean Chili with Cornbread (V)</b> Wrap of the Day Signature Side Salad • Baked Beans Chocolate Chip Cookie</p>	<p><b>30</b> Classic Pizza Slice: <b>Cheese (V)</b> Filet of Fish Sandwich <b>Mini Cheese Quesadilla (V)</b> <b>Veggie Burger (V)</b> Fresh Deli Subs Carrot, Cucumber &amp; Cherry Tomato Buffalo Cauliflower</p>