Fulton County Schools 2018 - 2019
Independence High School Breakfast Menu

FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Eats
WHERE STUDENTS COME FIRST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: Jan 7, Feb 4, March 4, April 8, May 6	Chicken Biscuit Sausage Biscuit Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit Pancake & Turkey Sausage on a Stick Yogurt Parfait with Cinnamon Toast Crunch Cereal 100% Juice Assorted Fresh Fruit	Chicken Biscuit French Toast Sticks Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Pancakes Cheesy Eggs with Sausage & Grits Poptart with Yogurt Hashbrown 100% Juice • Assorted Fresh Fruit	Chicken Biscuit Pancake & Sausage Griddle Smoothie with Blueberry Muffin 100% Juice Assorted Fresh Fruit
Week of: Jan 14, Feb 11, March 12, April 15, May 13	Chicken Biscuit Sausage Biscuit Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit Pancake & Turkey Sausage on a Stick Yogurt Parfait with Cinnamon Toast Crunch Cereal 100% Juice Assorted Fresh Fruit	Chicken Biscuit French Toast Sticks Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Pancakes Cheesy Eggs with Sausage & Grits Poptart with Yogurt Hashbrown 100% Juice • Assorted Fresh Fruit	Chicken Biscuit Pancake & Sausage Griddle Smoothie with Blueberry Muffin 100% Juice Assorted Fresh Fruit
Week of: Jan 22, Feb 19, March 18, April 22, May 20	Chicken Biscuit Sausage Biscuit Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit Pancake & Turkey Sausage on a Stick Yogurt Parfait with Cinnamon Toast Crunch Cereal 100% Juice Assorted Fresh Fruit	Chicken Biscuit French Toast Sticks Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Pancakes Cheesy Eggs with Sausage & Grits Poptart with Yogurt Hashbrown 100% Juice • Assorted Fresh Fruit	Chicken Biscuit Pancake & Sausage Griddle Smoothie with Blueberry Muffin 100% Juice Assorted Fresh Fruit
Week of: Jan 28, Feb 25, March 25, April 29	Chicken Biscuit Sausage Biscuit Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit Pancake & Turkey Sausage on a Stick Yogurt Parfait with Cinnamon Toast Crunch Cereal 100% Juice Assorted Fresh Fruit	Chicken Biscuit French Toast Sticks Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Pancakes Cheesy Eggs with Sausage & Grits Poptart with Yogurt Hashbrown 100% Juice • Assorted Fresh Fruit	Chicken Biscuit Pancake & Sausage Griddle Smoothie with Blueberry Muffin 100% Juice Assorted Fresh Fruit

www.fcsnutrition.com • *Menu Subject to Change Based on Product Availability*

Daily Assorted Milk • Daily Fresh Fruits
Locally Sourced Ingredients Offered Regularly
Daily Vegetarian Option

NOW HIRING CAFÉ WORKERS
770-497-8337
217N@Kellyservices.com

Breakfast Price
Student $1.25 Adult: $1.60

This institution is an equal opportunity provider.

PLATINUM AWARD WINNER
the golden radish AWARDS
2017 GEORGIA FARM TO SCHOOL AWARD

Fulton County Schools 2018–2019
Independence High School Lunch Menu

FULTON COUNTY SCHOOLS
SCHOOL NUTRITION
Tasty Eats
WHERE STUDENTS COME FIRST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: Jan 7, Feb 4, March 4, April 8, May 6	Italian Pasta Bake with Garlic Breadstick Pizza Burger Sliders Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery	Chicken Tenders with Roll Pizza Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Bean Salad	General Tso's Chicken with Brown Rice Buffalo Chicken Pizza Spicy Chicken Sandwich Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery	Wrap of the Day Pizza Veggie Burger Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Corn Salsa	Sriracha Honey Chicken with Veggie Fried Rice Wings with Roll Pizza Hot Dog Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery
Week of: Jan 14, Feb 11, March 12, April 15, May 13	Mango Chicken Rice Bowl Pizza Chicken Filet Sandwich Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery	Chicken Nuggets with Roll Pizza Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Bean Salad	General Tso's Chicken Rice Bowl Meat Lover's Pizza Cheese Steakburger Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery	Southern Breaded Chicken with Roll Wrap of the Day Pizza Grilled Chicken Sandwich Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Corn Salsa	Teriyaki Chicken with Veggie Fried Rice Buffalo Chicken Pizza Spicy Chicken Sandwich Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery
Week of: Jan 22, Feb 19, March 18, April 22, May 20	Meatball Spaghetti Bowl Pizza Burger Sliders Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery	Chicken Tenders with Roll Pizza Veggie Burger Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Bean Salad	General Tso's Chicken with Brown Rice Buffalo Chicken Pizza Spicy Chicken Sandwich Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery	Wrap of the Day Pizza Cheeseburger Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Corn Salsa	Sichuan Chicken with Veggie Fried Rice Wings with Roll Pizza Fish Filet Sandwich Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery
Week of: Jan 28, Feb 25, March 25, April 29	Salisbury Steak with Roll Pizza Turkey & Cheese Croissant Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery Mashed Potatoes	Chicken Nuggets with Roll Pizza Cheeseburger Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Bean Salad	General Tso's Chicken with Brown Rice Meat Lover's Pizza Wrap of the Day Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery	Southern Breaded Chicken with Roll Wrap of the Day Pizza Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Corn Salsa	Teriyaki Chicken with Veggie Fried Rice Pizza Spicy Chicken Sandwich Jamwich Fresh Deli Sub Chef Selection Salad Signature Side Salad Carrots & Celery

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Daily Assorted Milk • Daily Fresh Fruits & Veggies

All grains offered are whole grain-rich

Locally Sourced Ingredients Offered Regularly

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770-497-8337
217N@Kellyservices.com

Lunch Price
Student $2.70 Adult: $3.45

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