



# Fulton County Schools 2018 - 2019

## Middle School Breakfast Menu



www.fcsnutrition.com

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

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

*Menu Subject to Change Based on Product Availability*

**Breakfast Price**  
**Student \$1.25    Adult: \$1.60**

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

This institution is an equal opportunity provider.



# Fulton County Schools 2018-2019 Middle School Lunch Menu



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week of:</b> Jan 7, Feb 4, March 4, April 8, May 6	Italian Pasta Bake Chicken & Waffles Veggie Burger Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Oven-Baked French Fries	Teriyaki Chicken with Brown Rice Buffalo Chicken Pizza Mini Cheese Calzone Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli	Salisbury Steak with Roll Chicken Sliders Roasted Tomato Basil Soup with Grilled Cheese Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Mashed Potatoes	Chicken Drumstick with Roll Personal Pan Pizza Soft Pretzel with Cheese Dip Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Black-Eyed Peas	Filet of Fish Sandwich Hot Buffalo Chicken Wrap Cheese Pizza Slice Fresh Deli Subs Wrap of the Day Chef Selection Salad Fresh Cucumber, Carrot & Tomato Mixed Veggies
<b>Week of:</b> Jan 14, Feb 11, March 12, April 15, May 13	Chicken Nuggets with Garlic Breadstick Cheese Steakburger Veggie Lasagna with Garlic Breadstick Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots • Oven-Baked Tater Tots	General Tso Chicken with Brown Rice Meat Lover's Pizza Black Bean Quesadilla Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Peas & Carrots	Tex Mex Nachos Cheese Nachos Grilled Chicken Sandwich Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	Southern Breaded Chicken with Roll Personal Pan Pizza Mozzarella Sticks Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli	Popcorn Shrimp with Mac & Cheese Burger Sliders Cheese Pizza Slice Fresh Deli Subs Wrap of the Day Chef Selection Salad Fresh Cucumber, Carrot & Tomato Edamame Succotash
<b>Week of:</b> Jan 22, Feb 19, March 18, April 22, May 20	Meatball Spaghetti Bowl Chicken Tenders with Garlic Breadstick Broccoli Cheddar Soup with Garlic Breadstick Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Sweet Potato Waffle Fries	Mango Chicken with Brown Rice Buffalo Chicken Pizza Veggie Burger Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli	Classic Chili with Cheez-Its Chicken Quesadilla Mini Cheese Calzone Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Oven-Baked French Fries	Smokehouse BBQ Sub Personal Pan Pizza Stuffed Shells with Garlic Breadstick Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Baked Beans	Seafood Basket Spicy Chicken Sandwich Cheese Pizza Slice Fresh Deli Subs Wrap of the Day Chef Selection Salad Fresh Cucumber, Carrot & Tomato Chocolate Chip Cookie
<b>Week of:</b> Jan 28, Feb 25, March 25, April 29	Chicken Alfredo with Garlic Breadstick Chicken Nuggets with Garlic Breadstick Bean & Cheese Enchilada Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots • Oven-Baked Tater Tots	Sichuan Chicken with Veggie Fried Rice Meat Lover's Pizza Yogurt & Cheese Plate Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Edamame Succotash	Tex Mex White Queso Nachos White Queso Nachos Burger Sliders Fresh Deli Subs Wrap of the Day Chef Selection Salad Baby Carrots Black Beans	Chicken of the Day with Roll Personal Pan Pizza Mini Ravioli with Garlic Breadstick Fresh Deli Subs Jamwich Chef Selection Salad Signature Side Salad Steamed Broccoli	Popcorn Shrimp with Mac & Cheese Chicken Filet Sandwich Cheese Pizza Slice Fresh Deli Subs Wrap of the Day Chef Selection Salad Fresh Cucumber, Carrot & Tomato Steamed Green Beans

**Daily Assorted Milk • Daily Fresh Fruits & Veggies**  
 All grains offered are whole grain-rich  
 Locally Sourced Ingredients Offered Regularly

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**Lunch Price**  
**Student \$2.70 Adult: \$3.45**

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