


# FCS SY2017-2018 High School Breakfast Menu

Menu Subject to Change Based on Product Availability

**Award-Winning Farm to School Participant**

Weekly	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Premium Chicken Biscuit	Chicken Biscuit	Chicken Biscuit	Chicken Biscuit	Chicken Biscuit	Chicken Biscuit
Hot Breakfast Sandwich Option #2	Sausage, Egg and Cheese Croissant	Sausage Biscuit	Breakfast Burrito	Sausage Biscuit	Egg & Cheese Bagel
Hot Breakfast Entrée Option	Mini Pancakes	Berry French Toast	Sausage & Egg Grits Bowl	French Toast Sticks	Pancake & Sausage on a Stick
	Pop-Tart with Cheese Stick	Cinnamon Toast Crunch with Yogurt Parfait	Assorted Cereals with Nutri-Grain Bar	Assorted Cereals with Nutri-Grain Bar	Apple Cinnamon Cheerios Bar with Smoothie

Not all students like traditional breakfast, and many are ready for a snack by the time they get to school – even if they had breakfast at home. The Morning Snack Pack Program provides students with a more “snack like” choice as they arrive on campus, in addition to our traditional breakfast. Snack Packs feature student favorites, are non-messy, and most importantly, just as nutritious as breakfast!

**Daily Offerings: Assorted Milk • Assorted Fresh Fruits**  
**100% Fruit Juice • Vegetarian Breakfast Entrees**  
*Locally Sourced Ingredients Offered Regularly*

**Breakfast Price**  
**Student \$1.20 Adult: \$1.55**

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

This institution is an equal opportunity provider.

# FCS SY2017-2018 High School Lunch Menu

www.fcsnutrition.com

Menu Subject to Change Based on Product Availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week of:</b> Aug 7, Sept 5, Oct 2, Oct 30, Dec 4	 Salisbury Steak with Roll Pizza	Chicken Nuggets with Roll Pizza	Classic Spaghetti with Garlic Breadstick Pizza	Chicken of the Day with Brown Rice Pizza	Shrimp and Mac & Cheese Pizza
	 General Tso's Chicken	Nacho Bowl	Mango Chicken	Grande Nacho Bowl	Sichuan Chicken
	 Fresh Deli Subs Chicken Filet Sandwich	Fresh Deli Subs Mini Burgers	Fresh Deli Subs Grilled Chicken Sandwich	Fresh Deli Subs Steakburger	Fresh Deli Subs Spicy Chicken Sandwich
	 Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich
	Mashed Potatoes Carrots & Celery	Sweet Potato Waffle Fries Bean Salad	Steamed Broccoli Carrots & Celery	Black Beans Corn Salsa	Black-eyed Peas Carrots & Celery
<b>Week of:</b> Aug 14, Sept 11, Oct 10, Nov 6, Dec 11	 Broccoli Cheddar Soup with Flatbread Pizza	Chicken Tenders & Roll Pizza	Veggie Lasagna with Garlic Breadstick Pizza	Shredded BBQ Pork Sliders Pizza	Crispy Fish Filet with Red Beans & Rice Pizza
	 General Tso's Chicken	Nacho Bowl	Mango Chicken	Grande Nacho Bowl	Sriracha Honey Chicken
	 Fresh Deli Subs Chicken Filet Sandwich	Fresh Deli Subs Steakburger	Fresh Deli Subs Chicken Sliders	Fresh Deli Subs Veggie Burger	Fresh Deli Subs Spicy Chicken Sandwich
	 Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich
	Glazed Carrots Carrots & Celery	French Fries Bean Salad	Steamed Broccoli Carrots & Celery	Black Beans Corn Salsa	Mixed Vegetables Carrots & Celery
<b>Week of:</b> Aug 21, Sept 18, Oct 16, Nov 13, Dec 18	 Roasted Tomato Soup with Grilled Cheese Pizza	Chicken Nuggets with Roll Pizza	Chicken Alfredo with Garlic Breadstick Pizza	Chicken of the Day with Roll Pizza	Shrimp and Mac & Cheese Pizza
	 General Tso's Chicken	Nacho Bowl	Mango Chicken	Grande Nacho Bowl	Teriyaki Chicken
	 Fresh Deli Subs Italian Meatball Sub	Fresh Deli Subs Turkey & Cheese Croissant	Fresh Deli Subs Mini Burgers	Fresh Deli Subs Cheeseburger	Fresh Deli Subs Spicy Chicken Sandwich
	 Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich
	Steamed Green Beans Carrots & Celery	Black Beans Bean Salad	Steamed Broccoli Carrots & Celery	Sweet Potato Waffle Fries Corn Salsa	Tater Tots Carrots & Celery
<b>Week of:</b> Aug 28, Sept 25, Oct 23, Nov 27	 Mozzarella Cheese Sticks Pizza	Chicken Tenders with Roll Pizza	Mini Cheese Ravioli with Garlic Breadstick Pizza	Southern Breded Chicken with Roll Pizza	Filet of Fish Sandwich Pizza
	 General Tso's Chicken	Nacho Bowl	Mango Chicken	Grande Nacho Bowl	Korean BBQ Grilled Chicken
	 Fresh Deli Subs Hot Dog	Fresh Deli Subs Steakburger	Fresh Deli Subs Philly Sub	Fresh Deli Subs Chicken Sliders	Fresh Deli Subs Spicy Chicken Sandwich
	 Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich	Chef Selection Salads Jamwich
	Glazed Carrots Carrots & Celery	Black Beans Bean Salad	Edamame Succotash Carrots & Celery	Collard Greens Corn Salsa	French Fries Carrots & Celery

All Grains Offered are Whole Grains

**Daily Offerings: Assorted Milk • Assorted Fresh Fruits  
Signature Side Salad • Vegetarian Entrees • Wrap of the Day**  
Locally Sourced Ingredients Offered Regularly

**Award-Winning  
Farm to School Participant**

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

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