

FCS SY2017-2018 Independence High School Breakfast Menu

Award-Winning Farm to School Participant

Weekly	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Breakfast Sandwich	Chicken Biscuit	Pillsbury Apple Frudel	Chicken Biscuit	Sausage Biscuit	Chicken Biscuit
Grab & Go	Pop-Tart with Cheese Stick	Cinnamon Toast Crunch with Yogurt Parfait	Assorted Cereal with Nutri-Grain Bar	Assorted Cereal with Yogurt	Apple Cinnamon Cheerios Bar with Smoothie

Menu Subject to Change Based on Product Availability

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

FCS SY2017-2018 Independence High School Lunch Menu

Menu Subject to Change Based on Product Availability

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: Aug 7, Sept 5, Oct 2, Oct 30, Dec 4	Salisbury Steak with Roll <i>Cheese Pizza Slice</i> Wrap of the Day Chef Selection Salad Signature Side Salad Mashed Potatoes Carrots & Celery	Chicken Nuggets with Roll Pepperoni Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad Sweet Potato Waffle Fries	Mango Chicken with Rice <i>Cheese Pizza Slice</i> Wrap of the Day Chef Selection Salad Signature Side Salad Steamed Broccoli Carrots & Celery	Grande Nacho Bowl <i>Cheese Nacho Bowl</i> Pepperoni Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad Black Beans	Shrimp and Mac & Cheese Buffalo Chicken Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad Black-Eyed Peas Celery & Carrots
Week of: Aug 14, Sept 11, Oct 10, Nov 6, Dec 11	General Tso's Chicken <i>Cheese Pizza Slice</i> Wrap of the Day Chef Selection Salad Signature Side Salad Glazed Carrots Carrots & Celery	Chicken Tenders with Roll Pepperoni Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad French Fries	<i>Veggie Lasagna with Garlic Breadstick</i> <i>Cheese Pizza Slice</i> Wrap of the Day Chef Selection Salad Signature Side Salad Steamed Broccoli Carrots & Celery	Grande Nacho Bowl <i>Cheese Nacho Bowl</i> Pepperoni Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad Black Beans	Crispy Fish Filet with Red Beans & Rice Meat Lover's Pizza Wrap of the Day Chef Selection Salad Signature Side Salad Mixed Vegetables Carrots & Celery
Week of: Aug 21, Sept 18, Oct 16, Nov 13, Dec 18	<i>Roasted Tomato Basil Soup with Grilled Cheese</i> <i>Cheese Pizza Slice</i> Wrap of the Day Chef Selection Salad Signature Side Salad Steamed Green Beans Carrots & Celery	Chicken Nuggets with Roll Pepperoni Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad Black Beans	Mango Chicken with Rice <i>Cheese Pizza Slice</i> Wrap of the Day Chef Selection Salad Signature Side Salad Steamed Broccoli Carrots & Celery	Grande Nacho Bowl <i>Cheese Nacho Bowl</i> Pepperoni Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad Steamed Broccoli Sweet Potato Waffle Fries	Shrimp and Mac & Cheese Buffalo Chicken Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad Tater Tots Celery & Carrots
Week of: Aug 28, Sept 25, Oct 23, Nov 27	Mozzarella Cheese Sticks <i>Cheese Pizza Slice</i> Wrap of the Day Chef Selection Salad Signature Side Salad Glazed Carrots Carrots & Celery	Chicken Tenders with Roll Pepperoni Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad Black Beans	<i>Mini Cheese Ravioli with Garlic Breadstick</i> <i>Cheese Pizza Slice</i> Wrap of the Day Chef Selection Salad Signature Side Salad Edamame Succotash Carrots & Celery	Grande Nacho Bowl <i>Cheese Nacho Bowl</i> Pepperoni Pizza Slice Wrap of the Day Chef Selection Salad Signature Side Salad Collard Greens	Korean BBQ Grilled Chicken with Veggie Fried Rice Meat Lover's Pizza Slice Chef Selection Salad Signature Side Salad French Fries Celery & Carrots

www.fcsnutrition.com

Daily Offerings: Assorted Milk • Assorted Fresh Fruits
Locally Sourced Ingredients Offered Regularly

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

Lunch Price
Student \$2.70 Adult: \$3.45

This institution is an equal opportunity provider.