

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

Award-Winning Farm to School Participant

Menu Subject to Change Based on Product Availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: Jan 8, Feb 5, March 5, April 9, May 7	Mozzarella Cheese Sticks with Marinara Sauce Pepperoni Pizza Slice Cheese Pizza Slice Turkey & Cheese Sub Chef Selection Salad Carrots & Celery	Chicken Tenders with Roll Pepperoni Pizza Slice Cheese Pizza Slice Black Forest Chicken Sub Chef Selection Salad Bean Salad	Philly Sub Pepperoni Pizza Slice Cheese Pizza Slice Turkey & Cheese Sub Chef Selection Salad Carrots & Celery	Mini Chicken Sliders Pepperoni Pizza Slice Cheese Pizza Slice Black Forest Chicken Sub Chef Selection Salad Corn Salsa	Korean BBQ Grilled Chicken with Veggie Fried Rice Meat Lover's Pizza Slice Cheese Pizza Slice Jamwich with Pretzels Chef Selection Salad Carrots & Celery
Week of: Jan 16, Feb 12, March 13, April 16, May 14	Chicken Filet Sandwich Pepperoni Pizza Slice Cheese Pizza Slice Jamwich with Pretzels Chef Selection Salad Carrots & Celery	Chicken Nuggets with Roll Pepperoni Pizza Slice Cheese Pizza Slice Black Forest Chicken Sub Chef Selection Salad Bean Salad	Grilled Chicken Sandwich Pepperoni Pizza Slice Cheese Pizza Slice Turkey & Cheese Sub Chef Selection Salad Carrots & Celery	Steakburger Pepperoni Pizza Slice Cheese Pizza Slice Black Forest Chicken Sub Chef Selection Salad Corn Salsa	Spicy Chicken Sandwich Buffalo Chicken Pizza Slice Cheese Pizza Slice Turkey & Cheese Sub Chef Selection Salad Carrots & Celery
Week of: Jan 22, Feb 20, March 19, April 23, May 21	General Tso's Chicken Pepperoni Pizza Slice Cheese Pizza Slice Turkey & Cheese Sub Chef Selection Salad Carrots & Celery	Chicken Tenders with Roll Pepperoni Pizza Slice Cheese Pizza Slice Black Forest Chicken Sub Chef Selection Salad Bean Salad	Chicken Sliders Pepperoni Pizza Slice Cheese Pizza Slice Jamwich with Pretzels Chef Selection Salad Carrots & Celery	BBQ Pork Sliders Pepperoni Pizza Slice Cheese Pizza Slice Black Forest Chicken Sub Chef Selection Salad Corn Salsa	Spicy Chicken Sandwich Meat Lover's Pizza Slice Cheese Pizza Slice Turkey & Cheese Sub Chef Selection Salad Carrots & Celery
Week of: Jan 29, Feb 26, March 26 April 30	Roasted Tomato Basil Soup with Grilled Cheese Pepperoni Pizza Slice Cheese Pizza Slice Turkey & Cheese Sub Chef Selection Salad Carrots & Celery	Chicken Nuggets with Roll Pepperoni Pizza Slice Cheese Pizza Slice Black Forest Chicken Sub Chef Selection Salad Bean Salad	Mango Chicken with Rice Pepperoni Pizza Slice Cheese Pizza Slice Turkey & Cheese Sub Chef Selection Salad Carrots & Celery	Cheeseburger Pepperoni Pizza Slice Cheese Pizza Slice Black Forest Chicken Sub Chef Selection Salad Corn Salsa	Spicy Chicken Sandwich Buffalo Chicken Pizza Slice Cheese Pizza Slice Jamwich with Pretzels Chef Selection Salad Carrots & Celery

www.fcsnutrition.com

Daily Offerings: Assorted Milk • Assorted Fresh Fruits

• Signature Side Salad •

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.