

FCS SY2017-2018 Middle School Breakfast Menu

Menu Subject to Change Based on Product Availability **Award-Winning Farm to School Participant**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: Jan 8, Feb 5, March 5, April 9, May 7	Sausage Biscuit French Toast Sticks Assorted Cereals with Yogurt 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Maple Waffles Cinnamon Toast Crunch with Yogurt Parfait 100% Juice Assorted Fresh Fruit	Egg & Cheese Bagel Pancake & Turkey Sausage on a Stick Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Sausage Biscuit Sausage & Egg Grits Bowl Apple Cinnamon Cheerios Cereal Bar with Smoothie 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Pancakes Assorted Cereals with Golden Graham Cereal Bar 100% Juice Assorted Fresh Fruit
Week of: Jan 16, Feb 12, March 13, April 16, May 14	Sausage Biscuit French Toast Sticks Assorted Cereals with Yogurt 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Maple Waffles Cinnamon Toast Crunch with Yogurt Parfait 100% Juice Assorted Fresh Fruit	Egg & Cheese Bagel Pancake & Turkey Sausage on a Stick Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Sausage Biscuit Sausage & Egg Grits Bowl Apple Cinnamon Cheerios Cereal Bar with Smoothie 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Pancakes Assorted Cereals with Golden Graham Cereal Bar 100% Juice Assorted Fresh Fruit
Week of: Jan 22, Feb 20, March 19, April 23, May 21	Sausage Biscuit French Toast Sticks Assorted Cereals with Yogurt 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Maple Waffles Cinnamon Toast Crunch with Yogurt Parfait 100% Juice Assorted Fresh Fruit	Egg & Cheese Bagel Pancake & Turkey Sausage on a Stick Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Sausage Biscuit Sausage & Egg Grits Bowl Apple Cinnamon Cheerios Cereal Bar with Smoothie 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Pancakes Assorted Cereals with Golden Graham Cereal Bar 100% Juice Assorted Fresh Fruit
Week of: Jan 29, Feb 26, March 26 April 30	Sausage Biscuit French Toast Sticks Assorted Cereals with Yogurt 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Maple Waffles Cinnamon Toast Crunch with Yogurt Parfait 100% Juice Assorted Fresh Fruit	Egg & Cheese Bagel Pancake & Turkey Sausage on a Stick Assorted Cereals with Nutri-Grain Bar 100% Juice Assorted Fresh Fruit	Sausage Biscuit Sausage & Egg Grits Bowl Apple Cinnamon Cheerios Cereal Bar with Smoothie 100% Juice Assorted Fresh Fruit	Chicken Biscuit Mini Pancakes Assorted Cereals with Golden Graham Cereal Bar 100% Juice Assorted Fresh Fruit

www.fcsnutrition.com

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 \$1.20 Adult: \$1.55

This institution is an equal opportunity provider.

FCS SY2017-2018 Middle School Lunch Menu

Menu Subject to Change Based on Product Availability

Award-Winning Farm to School Participant

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of: Jan 8, Feb 5, March 5, April 9, May 7	Mango Chicken with Brown Rice Mini Burgers Mozzarella Cheese Sticks Garden Sub Turkey & Cheese Sub Signature Side Salad Tater Tots	Chicken Tenders with Roll Pepperoni Pizza Slice Broccoli Cheddar Soup with Garlic Breadstick Black Forest Chicken Sub Jamwich Deli Chicken Ranch Wrap Baby Carrots Mixed Vegetables	Chicken Alfredo with Garlic Breadstick Chicken Filet Sandwich Mini Cheese Calzone Garden Sub Turkey & Cheese Sub Signature Side Salad Sweet Potato Waffle Fries	Shredded BBQ Pork Sliders Pepperoni Pizza Slice Red Beans & Rice Black Forest Chicken Sub Jamwich Spicy Chicken Wrap Baby Carrots Baked Beans	Crispy Fish Filet with Brown Rice Meat Lover's Pizza Cheese Pizza Slice Garden Sub Turkey & Cheese Sub Signature Side Salad Steamed Broccoli
Week of: Jan 16, Feb 12, March 13, April 16, May 14	Salisbury Steak with Roll Chicken Sliders Black Bean Quesadilla Garden Sub Turkey & Cheese Sub Signature Side Salad Mashed Potatoes	Chicken Nuggets with Roll Pepperoni Pizza Slice Mini Cheese Ravioli with Garlic Breadstick Black Forest Chicken Sub Jamwich Deli Chicken Ranch Wrap Baby Carrots California Blend	Tex Mex Nachos Cheese Nachos Grilled Chicken Sandwich Garden Sub Turkey & Cheese Sub Signature Side Salad Black Beans	Chicken of the Day with Brown Rice Pepperoni Pizza Slice Bean Burrito Black Forest Chicken Sub Jamwich Spicy Chicken Wrap Baby Carrots French Fries	Shrimp and Mac & Cheese Steakburger Cheese Pizza Slice Garden Sub Turkey & Cheese Sub Signature Side Salad Collard Greens
Week of: Jan 22, Feb 20, March 19, April 23, May 21	Chicken Tenders with Roll Mini Burgers Red Beans & Rice Garden Sub Turkey & Cheese Sub Signature Side Salad Tater Tots	General Tso Chicken with Brown Rice Pepperoni Pizza Slice Veggie Burger Black Forest Chicken Sub Jamwich Deli Chicken Ranch Wrap Baby Carrots Steamed Broccoli	Classic Chili with Cheez-Its Street Tacos Chipotle Mac & Cheese Garden Sub Turkey & Cheese Sub Signature Side Salad Sweet Potato Waffle Fries	Southern Breaded Chicken with Roll Pepperoni Pizza Slice Mozzarella Cheese Sticks Black Forest Chicken Sub Jamwich Spicy Chicken Wrap Baby Carrots Baked Beans	Filet of Fish Sandwich Buffalo Chicken Pizza Cheese Pizza Slice Garden Sub Turkey & Cheese Sub Signature Side Salad Mixed Vegetables
Week of: Jan 29, Feb 26, March 26, April 30	Korean BBQ Grilled Chicken with Veggie Fried Rice Chicken Sliders Bean & Cheese Enchilada Garden Sub Turkey & Cheese Sub Signature Side Salad French Fries	Chicken Nuggets with Roll Pepperoni Pizza Slice Veggie Lasagna with Garlic Breadstick Black Forest Chicken Sub Jamwich Deli Chicken Ranch Wrap Baby Carrots Steamed Broccoli	Tomato Basil Soup with Grilled Cheese Tex Mex Nachos Cheese Nachos Garden Sub Turkey & Cheese Sub Signature Side Salad Black Beans	Chicken of the Day with Roll Pepperoni Pizza Slice Black Bean Quesadilla Black Forest Chicken Sub Jamwich Spicy Chicken Wrap Baby Carrots Edamame Succotash	Shrimp and Mac & Cheese Steakburger Cheese Pizza Slice Garden Sub Turkey & Cheese Sub Signature Side Salad Steamed Green Beans

www.fcsnutrition.com

All Grains Offered are Whole Grains

Daily Offerings: Assorted Milk • Assorted Fresh Fruits
Chef Selection Entree Salad • Vegetarian Entrees
Locally Sourced Ingredients Offered Regularly

Lunch Price
Student \$2.70 Adult: \$3.45

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