

**The daily menu is subject to change without advanced notice.**

# Fulton County Schools

## Elementary School Lunch Menus

### November 2009

<p>2</p> <p>Tacos with Mexican Rice Stuffed Crust Dippers Mexican Corn Steamed Broccoli Pears, Apples Smoked Turkey &amp; Cheese Wrap</p>	<p>3</p> <p>Chicken Noodle Soup *Grilled Cheese Sandwich Corn Dog, Glazed Carrots, Seasoned Green Beans, Peaches, Apple Juice, Ham and Cheese Sub</p>	<p>4</p> <p>Spaghetti Casserole Wheat Roll Chicken Tenders *Yogurt &amp; Cheese Pak Waffle Fries, Mixed Vegetables, Mandarin Oranges, Banana</p>	<p>5</p> <p>Rotisserie Chicken Wheat Roll *Cheese Pizza, Sweet Potatoes Broccoli Salad, Pineapple Tidbits Grape Juice, Grilled Chicken Chef Salad, Oatmeal Raisin Cookie</p>	<p>6</p> <p>BBQ Chicken on Bun Shrimp Poppers *Macaroni &amp; Cheese California Blend Vegetables Garden Salad, Rosey Applesauce Oranges, Pizza Pak</p>	<p>The following milk choices are offered daily: 2%, 1%, Skim, Chocolate &amp; Strawberry</p>
<p>9</p> <p>Salisbury Steak w/Au Jus Gravy Wheat Roll, Breaded Chicken Sandwich, *Yogurt &amp; Cheese Pak Whipped Potatoes, Steamed Broccoli, Apricots, Apples</p>	<p>10</p> <p>Tomato Basil Soup *Grilled Cheese Sandwich Chicken Nuggets, Wheat Roll Green Peas, Baby Carrots w/ Dressing, Rosey Applesauce Turkey Chef Salad, Orange Juice</p>	<p>11</p> <p>Nachos Grande w/Salsa Asian Chicken Bites Fried Rice *Cheese Nachos Shredded Lettuce &amp; Tomato Peas &amp; Carrots, Pineapple Tidbits, Banana, Ham Chef Salad</p>	<p>12</p> <p>Macaroni &amp; Cheese w/Ham Wheat Roll, Hamburger w/ Lettuce, Tomato &amp; Pickle, Tater Tots, Marinated Vegetable Salad, *Macaroni &amp; Cheese Peaches, Grape Juice, Pizza Pak ,Jell-o w/Whipped</p>	<p>13</p> <p>Fish Nuggets Wheat Roll *Cheese Pizza Italian Baked Potatoes Coleslaw Mixed Fruit, Oranges Ham &amp; Cheese Sub</p>	<p><b>Elementary Meal Prices:</b> Reduced Breakfast.....\$0.30 Full-Price Breakfast....\$1.00 Adult Breakfast.....\$1.50</p> <p>Reduced Lunch.....\$0.40 Full-Price Lunch.....\$2.00 Adult Lunch.....\$3.05</p>
<p>16</p> <p>Tacos with Mexican Rice *Stuffed Crust Dippers Mexican Corn Steamed Broccoli Pears, Apples Smoked Turkey &amp; Cheese Wrap</p>	<p>17</p> <p>Chicken Noodle Soup *Grilled Cheese Sandwich Corn Dog, Glazed Carrots, Seasoned Green Beans, Peaches, Apple Juice, Ham and Cheese Sub</p>	<p>18</p> <p><b>EARLY RELEASE DAY</b> Grilled Cheese Sandwich Baby Carrots Peach Cup *Yogurt &amp; Cheese Pak Chocolate Chip Cookie</p>	<p>19</p> <p>Turkey, Dressing &amp; Gravy Wheat Roll, Hamburger Green Beans &amp; Sweet Potatoes Cole Slaw Cake</p>	<p>20</p> <p>BBQ Chicken on Bun Shrimp Poppers *Macaroni &amp; Cheese California Blend Vegetables Garden Salad, Rosey Applesauce Oranges, Pizza Pak</p>	<p><b>Meatless options are denoted by an asterisk (*)</b></p>
<p>23</p> <p>Salisbury Steak w/Au Jus Gravy Wheat Roll, Breaded Chicken Sandwich, *Yogurt &amp; Cheese Pak Whipped Potatoes, Steamed Broccoli, Apricots, Apples</p>	<p>24</p> <p>Tomato Basil Soup *Grilled Cheese Sandwich Chicken Nuggets, Wheat Roll Green Peas, Baby Carrots w/ Dressing, Rosey Applesauce Turkey Chef Salad, Orange Juice</p>	<p>25</p> <p><b>SCHOOL CLOSED</b></p>	<p>26</p> <p><b>SCHOOL CLOSED</b></p>	<p>27</p> <p><b>SCHOOL CLOSED</b></p>	
<p>30</p> <p>Tacos with Mexican Rice *Stuffed Crust Dippers Mexican Corn Steamed Broccoli Pears, Apples Smoked Turkey &amp; Cheese Wrap</p>	<p><b>Non-Discrimination Statement:</b> The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.</p>				



## Fulton County Schools Elementary School Breakfast Menus November 2009

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<p>2</p> <p>Sausage Biscuit Honey Nut Toasty O's Orange Juice Choice of Milk</p>	<p>3</p> <p>Ham &amp; Cheese Biscuit Frosted Flakes Apple Juice Choice of Milk</p>	<p>4</p> <p>Chicken Biscuit Honey Nut Toasty O's Orange Juice Choice of Milk</p>	<p>5</p> <p>Whole Grain Waffles (2) w/Syrup Tootie Fruities Apple Juice Choice of Milk</p>	<p>6</p> <p>Pancake on a Stick Honey Nut Toasty O's Orange Juice Choice of Milk</p>
<p>9</p> <p>Grilled Cheese Sandwich Honey Nut Toasty O's Orange Juice Choice of Milk</p>	<p>10</p> <p>Breakfast Bowl Grits &amp; Cheese w/ Sausage Patty Frosted Flakes Apple Juice Choice of Milk</p>	<p>11</p> <p>Whole Wheat Breakfast Bun Honey Nut Toasty O's Fresh Banana Choice of Milk</p>	<p>12</p> <p>Sausage Biscuit Tootie Fruities Apple Juice Choice of Milk</p>	<p>13</p> <p>French Toast Sticks (4) w/Syrup Honey Nut Toasty O's Orange Juice, Choice of Milk</p>
<p>16</p> <p>Sausage Biscuit Honey Nut Toasty O's Orange Juice Choice of Milk</p>	<p>17</p> <p>Ham &amp; Cheese Biscuit Frosted Flakes Apple Juice Choice of Milk</p>	<p>18</p> <p><b>EARLY RELEASE DAY</b> Chicken Biscuit Honey Nut Toasty O's Orange Juice Choice of Milk</p>	<p>19</p> <p>Whole Grain Waffles (2) w/Syrup Tootie Fruities Apple Juice Choice of Milk</p>	<p>20</p> <p>Pancake on a Stick Honey Nut Toasty O's Orange Juice Choice of Milk</p>
<p>23</p> <p>Grilled Cheese Sandwich Honey Nut Toasty O's Orange Juice Choice of Milk</p>	<p>24</p> <p>Breakfast Bowl Grits &amp; Cheese w/ Sausage Patty Frosted Flakes Apple Juice Choice of Milk</p>	<p>25</p> <p style="text-align: center;"><b>SCHOOL CLOSED</b></p>	<p>26</p> <p style="text-align: center;"><b>SCHOOL CLOSED</b></p>	<p>27</p> <p style="text-align: center;"><b>SCHOOL CLOSED</b></p>
<p>30</p> <p>Sausage Biscuit Honey Nut Toasty O's Orange Juice Choice of Milk</p>	<h1 style="font-size: 4em; color: #8B4513; text-shadow: 2px 2px 0px #8B4513;">Happy Thanksgiving!</h1>			<p>The following milk choices are offered daily: 2%, 1%, Skim, Chocolate &amp; Strawberry</p>



**Elementary Meal Prices:**  
 Reduced Breakfast.....\$0.30  
 Full-Price Breakfast.....\$1.00  
 Adult Breakfast.....\$1.50  
 Reduced Lunch.....\$0.40  
 Full-Price Lunch.....\$2.00  
 Adult Lunch.....\$3.05



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## Fulton County Schools Elementary School Bag Breakfast Menus November 2009

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2 Cinnamon Glazed Pancakes Honey Nut Cereal Apple Sauce Choice of Milk	3 Sausage Biscuit Frosted Flakes Orange Juice Strawberry Cup Choice of Milk	4 Grilled Cheese Sandwich Honey Nut Cereal Apple Juice Choice of Milk	5 Breakfast Burrito Tootie Fruities Orange Juice Fresh Orange Choice of Milk	6 Whole Wheat Breakfast Pizza Honey Nut Cereal Orange Juice Choice of Milk
9 French Toast Honey Nut Cereal Apple Juice Choice of Milk	10 Pancake on a Stick Frosted Flakes Orange Juice Choice of Milk	11 Sausage Biscuit Honey Nut Cereal Apple Juice Choice of Milk	12 Hot Pocket, Egg/Cheese/Sausage Tootie Fruities Orange Juice Choice of Milk	13 Chicken Biscuit Honey Nut Cereal Orange Juice Choice of Milk
16 Cinnamon Glazed Pancakes Honey Nut Cereal Apple Sauce Choice of Milk	17 Sausage Biscuit Frosted Flakes Orange Juice Strawberry Cup Choice of Milk	18 <b>EARLY RELEASE DAY</b> Grilled Cheese Sandwich Honey Nut Cereal Apple Juice Choice of Milk	19 Breakfast Burrito Tootie Fruities Orange Juice Fresh Orange Choice of Milk	20 Whole Wheat Breakfast Pizza Honey Nut Cereal Orange Juice Choice of Milk
23 French Toast Honey Nut Cereal Apple Juice Choice of Milk	24 Pancake on a Stick Frosted Flakes Orange Juice Choice of Milk	25 <b>SCHOOL CLOSED</b>	26 <b>SCHOOL CLOSED</b>	27 <b>SCHOOL CLOSED</b>
30 Cinnamon Glazed Pancakes Honey Nut Cereal Apple Sauce Choice of Milk	<h1>Happy Thanksgiving!</h1>			



The following milk choices are offered daily:  
2%, 1%, Skim,  
Chocolate &  
Strawberry

**Elementary Meal Prices:**  
Reduced Breakfast.....\$0.30  
Full-Price Breakfast.....\$1.00  
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