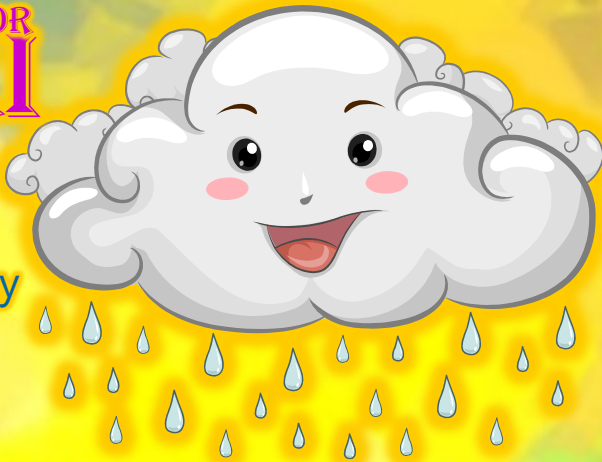


MENUS FOR APRIL 2024


Fulton County
Schools



This institution is an equal opportunity provider. Menus are subject to change.

★ OUR NATION'S HISTORY ★

The Library of Congress was born on April 24, 1800, when President John Adams approved spending \$5,000 for “such books as may be necessary for the use of congress.” With this money, 740 books and three maps were purchased to start the collection. The permanent library building wasn’t finished until 100 years later – it’s shown here under construction in 1893. Today, the Library of Congress holds 110 million books and other items and, with 530 MILES of shelves, is the largest library in the world.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Available Daily

Other Breakfast Options

Yogurt Parfaits, PopTarts, Cereal, Muffins, Donuts with Fruit, Juice, & Milk

Option 2 Lunches

- Monday - Pizza
- Tuesday - Cheese Sticks w/Marinara
- Wednesday - Wings
- Thursday - Cheeseburger & Chips
- Friday - Chicken Sandwich

Option 3 - Salad

Option 4 - Lunchables/Deli Box

Now Appearing . . .

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

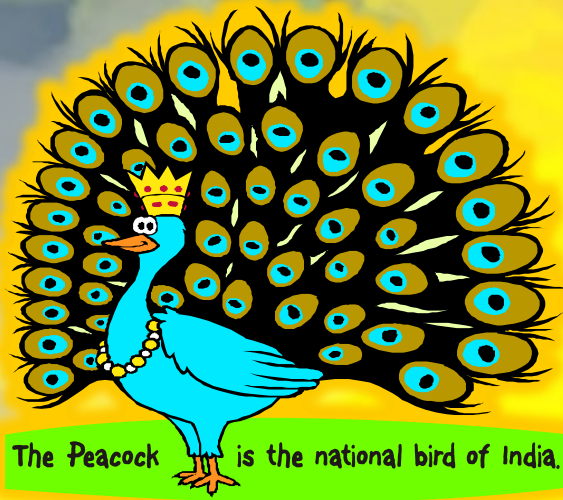
Break begins at the end of classes:

Friday, March 29

Classes resume:

Monday, April 08

Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<p style="text-align: center; font-weight: bold; color: #0070C0;">Breakfast</p> <p style="text-align: center;">Mini Cinnis</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">Breakfast</p> <p style="text-align: center;">Bacon Egg & Cheese Biscuit</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">Breakfast</p> <p style="text-align: center;">Dutch Waffle</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">Breakfast</p> <p style="text-align: center;">Cinnamon Biscuits</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">Breakfast</p> <p style="text-align: center;">Chicken & Biscuit</p>
EARLY RELEASE DAY				
<p style="text-align: center; font-weight: bold; color: #0070C0;">Lunch</p> <p style="text-align: center;">Cheeseburger OR Hotdog Assorted Chips Assorted Fruit Milk & Juice</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">Lunch</p> <p style="text-align: center;">Walking Taco Salsa Refried Beans Corn Assorted Fruit Milk & Juice</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">Lunch</p> <p style="text-align: center;">General Tso Chicken Fried Rice Broccoli & Cheese Crinkle Cut Fries Assorted Fruit Milk & Juice</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">Lunch</p> <p style="text-align: center;">Scrambled Eggs Bacon or Sausage Biscuits & Gravy Hash Brown Assorted Fruit Milk & Juice</p>	<p style="text-align: center; font-weight: bold; color: #0070C0;">Lunch</p> <p style="text-align: center;">Fish Sticks & Roll Green Beans Roasted Potatoes Garden Salad Assorted Fruit Milk & Juice</p>



The Peacock is the national bird of India.

Monday, April 15

Breakfast
Biscuits & Gravy w/
Bacon

Lunch
Chicken Strips
Roll
Green Beans
Mashed Potatoes
Assorted Fruit
Milk & Juice

Tuesday, April 16

Breakfast
Sausage Egg &
Cheese Biscuit

Lunch
Chicken & Cheese
Tortillas
Pinto Beans
Corn
Assorted Fruit
Milk & Juice

Wednesday, April 17

Breakfast
French Toast Sticks

Lunch
Chili Crisпитos
Broccoli & Cheese
Waffle Fries
Assorted Fruit
Milk & Juice

Thursday, April 18

Breakfast
Mini Cinnis

Lunch
Dill Chicken Chunks
Roll
Baked Beans
Tator Tots
Assorted Fruit
Milk & Juice
Ice Cream

Friday, April 19

Breakfast
Chicken & Waffles

Lunch
Chicken Rotel
Roll
Green Beans
Corn Nuggets
Assorted Fruit
Milk & Juice



Monday, April 22

Breakfast
Bacon & Cheese
Scrambled Eggs w/
Biscuit

Lunch
Chicken Fried
Chicken w/ Roll
Green Beans
Mashed Potatoes
Assorted Fruit
Milk & Juice

Tuesday, April 23

Breakfast
Bacon Egg &
Cheese Biscuit

Lunch
Beef & Bean Burrito
w/ Queso
Refried Beans
Corn
Assorted Fruit
Milk & Juice

Wednesday, April 24

Breakfast
Dutch Waffle

Lunch
Orange Chicken
Fried Rice
Broccoli & Cheese
Shoe String Fries
Assorted Fruit
Milk & Juice

Thursday, April 25

Breakfast
Cinnamon Biscuits

Lunch
Chili Cheese Dog
OR Hotdog
Mac & Cheese
Baked Beans
Assorted Chips
Assorted Fruit
Milk & Juice

Friday, April 26

Breakfast
Chicken & Biscuit

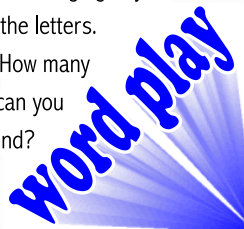
Lunch
Chicken Alfredo &
Roll
Green Beans
Fried Okra
Garden Salad
Assorted Fruit
Milk & Juice

THEREIN

The word "therein" (pronounce it like it's two words, "there" and "in") is special. It's the shortest word in the English

language that contains **TEN** other smaller words without rearranging any of the letters.

How many can you find?



the, there, he, her, here, herein, ere, re, rein, in

Monday, April 29

Breakfast
Biscuits & Gravy w/
Bacon

Lunch
Fried Chicken & Roll
Mashed Potatoes
Green Beans
Assorted Fruit
Milk & Juice

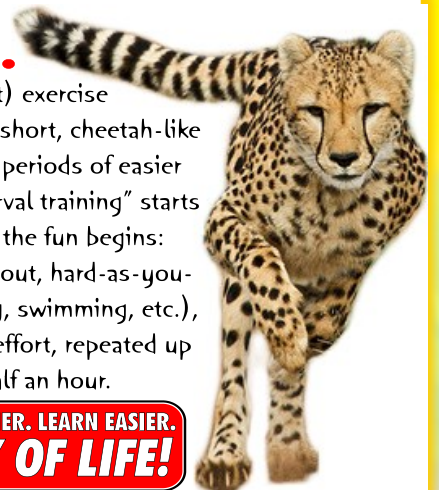
Tuesday, April 30

Breakfast
Sausage Egg &
Cheese Biscuit

Lunch
MANAGER'S CHOICE

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!