

# Menus for May 2026



Fulton County Schools

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

# SCHOOL LUNCH SUPERHERO DAY Friday, May 1

and School  
Nutrition Employee and Teacher  
Appreciation Week May 4-8

Friday, May 1

### Breakfast

Iced Donuts

### Lunch

Chicken Sandwich  
(Regular/Spicy)  
Green Beans  
Roasted Potatoes  
Assorted Fruit  
Juice & Milk

### Available Daily

#### Breakfast

Yogurt Parfaits, Pop Tarts,  
Cereal, Muffins, Donuts with  
Fruit, Juice, & Milk

#### Option 2 Lunches

Monday– Pizza  
Tuesday– Italian Cheese Bread  
Wednesday– Cheeseburger &  
Chips  
Thursday– Boneless Wings  
Friday– Pizza

#### Option 3

Salads

Monday, May 4

### Breakfast

EggStravaganza Burrito

### FCES KSA Lunch

Chicken Strips  
Roll  
Mashed Potatoes  
Green Beans  
Assorted Fruit  
Juice & Milk  
**Poppy Patch Bites**

Tuesday, May 5

### Breakfast

Bacon Egg &  
Cheese Biscuit

### FCES KSA Lunch

Walking Taco  
Salsa  
Corn  
Refried Beans  
Assorted Fruit  
Juice & Milk  
**Lions, Tigers, & Bears**

Wednesday, May 6

### Breakfast

Dutch Waffle

### FCES KSA Lunch

Frito Chili Pie  
Mac & Cheese  
Baked Beans  
Assorted Chips  
Assorted Fruit  
Juice & Milk  
**Yellow Brick Road  
Crunch**

Thursday, May 7

### Breakfast

Cinnamon Biscuits

### FCES KSA Lunch

Sweet & Sour Chicken  
Fried Rice  
Broccoli & Cheese  
Curly Fries  
Assorted Fruit  
Juice & Milk

**Wizard's Emerald Swirl**

Friday, May 8

### Breakfast

Chicken & Biscuit

### FCES KSA Lunch

Beef OR Chicken Nachos  
Cheddar OR Queso  
Mexican Rice  
Refried Beans  
Assorted Fruit  
Juice & Milk

**Glenda's Pink Puffs**

Monday, May 11

### Breakfast

Biscuits & Gravy  
w/ Bacon

### FCMS/FCHS KSA Lunch

Baked Rotini  
Roll  
Mashed Potatoes  
Green Beans  
Assorted Fruit  
Juice & Milk  
**Par-fect Popcorn**

Tuesday, May 12

### Breakfast

Sausage Egg &  
Cheese Biscuit

### FCMS/FCHS KSA Lunch

Beef & Bean Burrito  
w/ Queso Cheese  
Refried Beans  
Corn  
Assorted Fruit  
Juice & Milk  
**Fore-Way Crunch**

Wednesday, May 13

### Breakfast

French Toast w/ Bacon

### FCMS/FCHS KSA Lunch

Scrambled Eggs  
Bacon OR Sausage  
Biscuits & Gravy  
Hashbrown  
Hashbrown Casserole  
Assorted Fruit  
Juice & Milk  
**Birdie Bars**

Thursday, May 14

### Breakfast

Mini Cinnis

### FCMS/FCHS KSA Lunch

General Tso Chicken  
Fried Rice  
Broccoli & Cheese  
Crinkle Cut Fries  
Assorted Fruit  
Juice & Milk  
**Caddy Cookies**

Friday, May 15

### Breakfast

Iced Donuts

### FCMS/FCHS KSA Lunch

BBQ Rib Sandwich  
Green Beans  
Potato Wedges  
Assorted Fruit  
Juice & Milk  
**Grip It & Dip It  
Chocolate**

## Don't be fooled by the apron.

There are special folks on the staff at our school whose job is to help improve students' concentration and classroom participation, increase standardized test scores, and make sure our kids stay healthy and ready to learn. And, amazingly, these members of our educational team perform all of these impressive feats while wearing an apron!

Our child nutrition employees may not see the inside of a classroom very often, but they do make a daily contribution to your child's educational success.

It's really a very simple recipe: research shows that kids who eat well learn better. So the hard work that gets done in our school restaurants every day isn't just about preparing and serving meals to our kids. It's also about helping to make good education possible.

We're proud of the people who do all of that hard work, largely unseen by parents, students, and other staff members. Please show them that you're proud of them, too, by taking a moment to stop by and say "thanks" next time you're at school. And don't be fooled by the aprons-- these folks help work miracles for our kids every day!

**School Meals**  
We serve education every day™

Fulton County Schools Nutrition Services

Where do all of our crazy food names and phrases come from?



# WORDS OF MOUTH

**This month:**  
**“Take it with a grain of salt”**

Has anyone ever told you to take something “with a grain of salt”? It means that you shouldn’t necessarily believe what you’re being told. The Latin words for “salt” and “wisdom” are the same, so some say that the phrase means “use your wisdom to decide if this is true.” But feel free to take this explanation (wait for it) with a grain of salt! Just one of those food-related sayings that so often “spice up” our language!



Monday, May 18

**Breakfast**

EggStravganza Burrito

**Lunch**

Baked Ham Roll  
 Mashed Potatoes  
 Green Beans  
 Assorted Fruit  
 Juice & Milk

Tuesday, May 19

**Breakfast**

Bacon Egg & Cheese Biscuit

**Lunch**

Grilled Cheeseburgers OR Hotdogs  
 Chips  
 Assorted Fruit  
 Juice & Milk  
 Cookie

Wednesday, May 20

**Breakfast**

Dutch Waffle

**Lunch**

Manager’s Choice

Thursday, May 21

**Breakfast**

Cinnamon Biscuits

**Lunch**

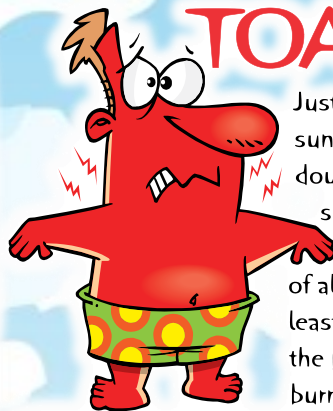
Manager’s Choice

## Word of the Month

### justice

n. 1. fairness 2. equal and impartial treatment in accordance with honor, standards, or law

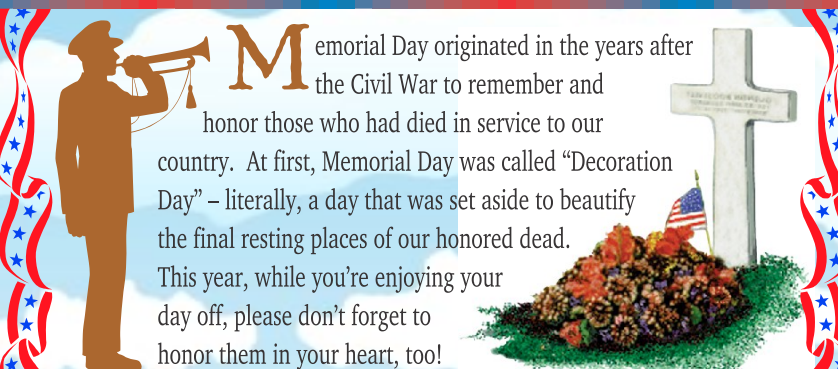
## TOASTED.



Just one bad, blistering sunburn as a child doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don’t get burned this summer!

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

## ★ OUR NATION'S HISTORY ★



Memorial Day originated in the years after the Civil War to remember and honor those who had died in service to our country. At first, Memorial Day was called “Decoration Day” – literally, a day that was set aside to beautify the final resting places of our honored dead. This year, while you’re enjoying your day off, please don’t forget to honor them in your heart, too!

★ WITH LIBERTY & JUSTICE FOR ALL ★

# HAVE A GREAT SUMMER!

Join us for our Summer Feeding Kick-Off, Tuesday, May 26, from 5:00-7:00PM at Jeff Green Memorial Park. A FREE MEAL will be served to children and youth 18 years and younger. Our first Summer Feeding pick-up will take place on Thursday, May 28. Each child will receive 7 days of breakfast and lunch, plus ONE gallon of milk and ONE quart of juice. This program is FREE for all children 18 years and younger.