

August

2023

Atlanta Community Schools

Middle School Lunch



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		¹ Summer Break	² Summer Break	³ Summer Break	⁴ Summer Break	⁵
⁶	⁷ Summer Break	⁸ Summer Break	⁹ Summer Break	¹⁰ Summer Break	¹¹ Summer Break	¹²
¹³	¹⁴ Summer Break	¹⁵ Summer Break	¹⁶ Summer Break	¹⁷ Summer Break	¹⁸ Summer Break	¹⁹
²⁰	²¹ Summer Break	²² Summer Break	²³ Summer Break	²⁴ Summer Break	²⁵ Summer Break	²⁶
²⁷	²⁸ Chicken Fajita Fruit & Milk	²⁹ Cheese Ravioli Breadstick Fruit & Milk	³⁰ Walking Taco Fruit & Milk	³¹ Grilled cheese Tomato Soup Fruit & Milk		

Breakfast & Lunch is free to all students.

Menu is subject to change. This institution is an equal opportunity provider and employer menu is subject to change.

1. Fresh fruit and a vegetable are offered daily.
2. No trans-fat in the food offered.
3. All breads and grains offered are whole grain.
4. Calories are limited for different grade levels.
5. Only nonfat and flavored nonfat milk offered.
6. Students must have a fruit or veggie with their meal.
7. Reduced sodium items such as cheese, taco meat, turkey breast, pizza and more are purchased.
8. Low fat dressings for salads are offered.
9. An alternative meal can be substituted of peanut butter and jelly sandwich, gold fish & cheese stick. If the student doesn't want the meal planned for the day.
10. Cereal, Muffin, cheese stick, fruit juice & milk offered every day at Breakfast.
11. Fresh veggie bar offered daily at lunch.