December

## 2023

Atlanta Community Schools

## **Elementary Lunch Menu**



| Sunday | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday |
|--------|---|---|--|---|---|----------|
|        |   |   |  |   | 1<br>Pizza<br>Choice of Fruit &<br>Milk                     | 2        |
| 3      | 4<br>Chicken<br>Sandwich<br>Choice of Fruit &<br>Milk | 5<br>Chili<br>Choice of Fruit &<br>Milk           | 6<br>Beef & Cheddar<br>Sandwich<br>Choice of Fruit &<br>Milk | 7<br>Walking Taco<br>Refried Beans<br>Choice of Fruit &<br>Milk | 8<br>Spaghetti<br>Garlic Bread<br>Choice of Fruit &<br>Milk | 9        |
| 10     | 11<br>Philly Sub<br>Choice of Fruit &<br>Milk         | 12<br>Chicken Nugget<br>Choice of Fruit &<br>Milk | 13<br>Hamburger<br>Fries<br>Choice of Fruit &<br>Milk        | 14<br>Nacho's<br>Refried Beans<br>Choice of Fruit &<br>Milk     | 15<br>Pizza<br>Choice of Fruit &<br>Milk                    | 16       |
| 17     | 18<br>Beef Burrito<br>Choice of Fruit &<br>Milk       | 19<br>Hammy Sammy<br>Choice of Fruit &<br>Milk    | 20<br>Christmas<br>Ham Lunch                                 | 21<br>Taco's<br>Choice of Fruit &<br>Milk                       | 22<br>No School<br>Christmas Break<br>Begins                | 23       |
| 24     | 25<br>No School<br>Christmas Break                    | 26<br>No School<br>Christmas Break                | 27<br>No School<br>Christmas Break                           | 28<br>No School<br>Christmas Break                              | 29<br>No School<br>Christmas Break                          | 30       |
| 31     |   |   |  |   |   |          |

- 1. Fresh fruit & vegetable are offered daily
- 2. <u>No trans-fat in the food offered</u>
- 3. <u>All breads and grains offered are whole grain</u>
- 4. Calories are limited for different grade levels
- 5. Only nonfat and flavored nonfat milk offered
- 6. <u>Students must have a fruit or vegetable with their meal</u>
- 7. Reduced sodium items such as cheese, taco meat, turkey breast, pizza and more purchased
- 8. Low fat dressings for salads are offered
- 9. An alternative meal can be substituted of peanut butter and jelly sandwich, goldfish & 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 vegetable bar offered daily at lunch