

February

2024

Atlanta Community School

Middle School Lunch



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|--|---|----------|
| | | | | 1 Walking Taco Guacamole, Hummus Choice of Fruit & Milk | 2 Spaghetti Choice of Fruit & Milk | 3 |
| 4 | 5 Philly Sub Choice of Fruit & Milk | 6 Chicken Nugget Choice of Fruit & Milk | 7 Hamburger Fries Choice of Fruit & Milk | 8 Nacho's Guacamole, Hummus Choice of Fruit & Milk | 9 Pizza Choice of Fruit & Milk | 10 |
| 11 | 12 Beef Burrito Choice of Fruit & Milk | 13 Hammy Sammy Choice of Fruit & Milk | 14 Chicken Sandwich Choice of Fruit & Milk | 15 Taco's Choice of Fruit & Milk | 16 Chicken Ranch Wrap Choice of Fruit & Milk | 17 |
| 18 | 19 No School | 20 Cheese Ravioli Breadstick Choice of Fruit & Milk | 21 Grilled Cheese Tomato Soup Choice of Fruit & Milk | 22 Walking Taco Choice of Fruit & Milk | 23 Popcorn Chicken Mashed Potato, Gravy, Corn Choice of Fruit & Milk | 24 |
| 25 | 26 General Tso Chicken Garlic Noodles Choice of Fruit & Milk | 27 Calzone Choice of Fruit & Milk | 28 Chicken Patty Choice of Fruit & Milk | 29 Macaroni & Cheese Choice of Fruit & Milk | | |
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Breakfast & Lunch is free to all students

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

1. Fresh fruit & 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 vegetable with their meal
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