

January

2024

Atlanta Community Schools

Middle School Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ No School	² Cheese Ravioli Breadstick Choice of Fruit & Milk	³ Walking Taco Choice of Fruit & Milk	⁴ Grilled Cheese Tomato Soup Choice of Fruit & Milk	⁵ Popcorn Chicken Mashed Potatoes, gravy, Corn, Choice of Fruit & Milk	⁶
⁷	⁸ General Tao's Chicken Thai Noodles Choice of Fruit & Milk	⁹ Calzone Choice of Fruit & Milk	¹⁰ Chicken Patty Sandwich Choice of Fruit & Milk	¹¹ Macaroni & Cheese Choice of Fruit & Milk	¹² Hot Dog Baked Beans Choice of Fruit & Milk	¹³
¹⁴	¹⁵ No School	¹⁶ Nacho Refried Beans Choice of Fruit & Milk	¹⁷ Hamburger Fries Choice of Fruit & Milk	¹⁸ Spaghetti Choice of Fruit & Milk	¹⁹ Uncrustable String Cheese Sun chips Choice of Fruit & Milk	²⁰
²¹	²² Chicken Drumstick Red skin potato Choice of Fruit & Milk	²³ Pretzel String Cheese Choice of Fruit & Milk	²⁴ Turkey Sub Choice of Fruit & Milk	²⁵ French Toast Hash browns, Sausage Links Choice of Fruit & Milk	²⁶ Pizza Choice Of Fruit & Milk	²⁷
²⁸	²⁹ Chicken Sandwich Choice of Fruit & Milk	³⁰ Chili Goldfish Choice of Fruit & Milk	³¹ Beef & Cheddar Sandwich Choice of Fruit & Milk			

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