

# June

# 2023

Atlanta Community Schools

## Middle School Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<sup>1</sup> Biscuits & Gravy Hash browns Salad Bar Fruit & Milk	<sup>2</sup> Chicken Sandwich Salad Bar Fruit & Milk	<sup>3</sup>
<sup>4</sup>	<sup>5</sup> Hot Dogs Chips Watermelon Salad & Milk	<sup>6</sup> Chefs Choice	<sup>7</sup> Chefs Choice	<sup>8</sup> Summer Break Starts	<sup>9</sup> Summer Break	<sup>10</sup>
<sup>11</sup>	<sup>12</sup> Summer Break	<sup>13</sup> Summer Break	<sup>14</sup> Summer Break	<sup>15</sup> Summer Break	<sup>16</sup> Summer Break	<sup>17</sup>
<sup>18</sup>	<sup>19</sup> Summer Break	<sup>20</sup> Summer Break	<sup>21</sup> Summer Break	<sup>22</sup> Summer Break	<sup>23</sup> Summer Break	<sup>24</sup>
<sup>25</sup>	<sup>26</sup> Summer Break	<sup>27</sup> Summer Break	<sup>28</sup> Summer Break	<sup>29</sup> Summer Break	<sup>30</sup> Summer Break	

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 & 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 with 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.