

October

2023

Atlanta Community Schools

High School Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chicken Fajita Hummus Guacamole Choice of Fruit Choice of Milk	3 Cheese Ravioli Breadstick Teddy Grahms Choice of Fruit Choice of Milk	4 Walking Taco Mexican Rice Hummus Choice of Fruit Choice of Milk	5 Grilled Cheese Tomato Soup Choice of Fruit Choice of Milk	6 Popcorn Chicken Mashed Potato Gravy, corn Choice of Fruit Choice of Milk	7
8	9 Beef Taco Refried Beans Choice of Fruit Choice of Milk	10 Calzone Sweet Potato Fries Choice of Fruit Choice of Milk	11 Chicken Patty Fries Choice of Fruit Choice of Milk	12 Chicken Ramen Fried Rice Choice of Fruit Choice of Milk	13 Hot Dog Baked Beans Sunchips Choice of Fruit Choice of Milk	14
15	16	17	18	19	20	21

	Chicken Drumstick Redskins Biscuit Choice of Fruit Choice of Milk	Pretzel String Cheese Choice of Fruit Choice of Milk	Turkey Sub Fries Choice of Fruit Choice of Milk	French Toast Hashbrown Sausage Links Choice of Fruit Choice of Milk	Pizza Goldfish Choice of Fruit Choice of Milk	
22	²³ Chicken Nugget Goldfish Choice of Fruit Choice of Milk	²⁴ Nacho's Refried Beans Choice of Fruit Choice of Milk	²⁵ Hamburger Fries Choice of Fruit Choice of Milk	²⁶ Beef Spaghetti Choice of Fruit Choice of Milk	²⁷ Uncrustable String Cheese Sunchips Choice of Fruit Choice of Milk	²⁸
29	³⁰ Burrito Choice of Fruit Choice of Milk	³¹ Hammy Sammy Sunchips Choice of Fruit Choice of 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