

# October

2023

Atlanta Community Schools

## Middle School Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chicken Fajita Choice of Fruit Choice of Milk	3 Cheese Ravioli Breadstick Choice of Fruit Choice of Milk	4 Walking Taco 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 Choice of Fruit Choice of Milk	11 Chicken Patty Choice of Fruit Choice of Milk	12 Chicken Ramen Choice of Fruit Choice of Milk	13 Hot Dog Baked Beans Choice of Fruit Choice of Milk	14
15	16	17	18	19	20	21

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