

March

2023

Atlanta Community Schools

Middle School Lunch



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Taco's Grapes Salad Bar & Milk	² Ham Sub Fruit Salad Bar & Milk	³ French Toast Sticks Sausage Links Hash Browns Fruit Salad Bar & milk	⁴
⁵	⁶ Chicken Fajita's Fruit Mexican Rice Salad Bar & Milk	⁷ Pizza Fruit Salad Bar & Milk	⁸ Grilled Cheese Tomato Soup Crackers Fruit Salad Bar & Milk	⁹ Walking Taco Mexican Rice Fruit Salad Bar & Milk	¹⁰ Popcorn Chicken Mashed Potato's Gravy, corn Fruit Salad Bar & Milk	¹¹
¹²	¹³ Chicken Nuggets Veggies Fruit Salad bar & milk	¹⁴ Nachos Corn Fruit Hummus Salad bar & Milk	¹⁵ Hamburger Fries Fruit Salad Bar & Milk	¹⁶ Spaghetti Green Beans Fruit Salad Bar & Milk	¹⁷ Biscuits & Gravy Hash browns Fruit Salad Bar & milk	¹⁸
¹⁹	²⁰ Spring Break	²¹ Spring Break	²² Spring Break	²³ Spring Break	²⁴ Spring Break	²⁵
²⁶	²⁷ Philly Steak & Cheese Sub Veggies Fruit Salad bar & milk	²⁸ Chicken Noodle Soup Crackers Fruit, Salad Bar & Milk	²⁹ Hot Dog Baked Beans Veggies, Fruit Salad bar & milk	³⁰ Macaroni & Cheese Hot Vegetable Fruit Salad bar & Milk	³¹ Chicken Ranch Wrap Fruit Salad bar & Milk	

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.