

## 2023

Atlanta Community Schools

## **High School Lunch Menu**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Chicken Nugget	Nacho's	Hamburger	Spaghetti	Uncrustables	
	Goldfish	Refried Beans	Fries	Fruit	String Cheese	
	Fruit	Fruit	Fruit	Salad Bar & Milk	Chips, Fruit	
	Salad Bar & Milk	Salad Bar & Milk	Salad Bar & Milk		Salad Bar& Milk	
7	8	9	10	11	12	13
	Chicken	Taco's	Turkey Sub	French Toast	Pizza	
	Drumstick	Refried Beans	Fries	Hash Brown	Goldfish	
	Redskins, Biscuit	Grapes	Fruit	Links, Fruit	Fruit	
	Fruit	Salad Bar & Milk				
	Salad Bar & Milk					
14	15	16	17	18	19	20
	Beef Burrito	Hammy Sammy	Chicken	Taco's	Chicken Ranch	
	Fruit	Sun chips	Sandwich	Hummus	Wrap	
	Salad Bar & Milk	Fruit	Fries, Fruit	Fruit	Sun chips	
		Salad bar & Milk	Salad Bar & Milk	Salad Bar & Milk	Fruit	
					Salad Bar & Milk	
21	22	23	24	25	26	27
	Nacho	Macaroni &	Chicken Patty	Hot Dog	Pizza	
	Refried Beans	Cheese	Fries	Sun Chips	Goldfish	
	Hummus	Goldfish	Fruit	Baked Beans	Fruit	
	Fruit	Fruit	Salad Bar & Milk	Salad Bar & Milk	Salad Bar & Milk	
	Salad Bar & Milk	Salad Bar & Milk				
28	29	30	31			
	No School	Hamburger	Walking Taco			
		Fries	Mexican Rice			
		Fruit	Fruit			
		Salad Bar & Milk	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.