

# May

# 2023

Atlanta Community Schools

## Middle School Lunch Menu



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