

# November

2023

Atlanta Community Schools

## High School Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chicken Sandwich Fries Choice of Fruit & Milk	2 Taco's Hummus Choice of Fruit & Milk	3 Chicken Ranch Wrap Sunchips Choice of Fruit & Milk	4
5	6 Chicken Fajita Mexican Rice Choice of Fruit & Milk	7 Cheese Ravioli Breadstick Teddy Grahams Choice of Fruit &	8 Grilled Cheese Tomato Soup Choice of Fruit & Milk	9 Walking Taco Hummus Choice of Fruit & Milk	10 Chicken Noodle Soup Choice of Fruit & Milk	11
12	13 Nacho Refried Beans Choice of Fruit & Milk	14 Calzone Sweet Potato Fries Choice of Fruit & Milk	15 No School	16 Chicken Patty Fries Choice of Fruit & Milk	17 Thanksgiving Lunch	18
19	20 Chicken Nugget Goldfish Choice of Fruit & Milk	21 Taco's Refried Beans Choice of Fruit & Milk	22 Hamburger Fries Choice of Fruit & Milk	23 No School	24 No School	25
26	27 Chicken Drumstick Redskins, Biscuit Choice of Fruit & Milk	28 Pretzel String Cheese Choice of Fruit & Milk	29 Turkey Sub Fries Choice of Fruit & Milk	30 French Toast Hash browns Links Choice of Fruit & 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