

September

2023

Atlanta Community School

Elementary Lunch Menu



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|--|--|----------|
| | | | | | 1 No School | 2 |
| 3 | 4 No School | 5 Nacho's Refried Beans Fruit & Milk | 6 Hamburger Fries Fruit & Milk | 7 Spaghetti Fruit & Milk | 8 Uncrustable String Cheese Sun Chips Fruit & Milk | 9 |
| 10 | 11 Chicken Breast Red Skins Biscuit Fruit & Milk | 12 Pretzel String Cheese Fruit & Milk | 13 Turkey Sub Fruit & Milk | 14 French Toast Hash Browns Links Fruit & Milk | 15 Pizza Fruit & Milk | 16 |
| 17 | 18 Walking Taco Refried Beans Fruit & Milk | 19 Calzone Fruit & Milk | 20 Chicken Patty Fruit & Milk | 21 Chicken Ramen Fruit & Milk | 22 Hotdog Baked Beans Fruit & Milk | 23 |
| 24 | 25 Beef Burrito Fruit & Milk | 26 Hammy Sammy Fruit & Milk | 27 Chicken Sandwich Fruit & Milk | 28 Taco's Fruit & Milk | 29 Chicken Ranch Wrap Fruit & Milk | 30 |
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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 or 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, gold fish & 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.