

# September

2023

Atlanta Community School

## Middle School 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 Drumstick Red Skins 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

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.