

September

2025

Atlanta Community Schools

Middle School Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	No School	Chicken Tenders Sun Chips Veggie Bar Fruit & Milk	Cheesy Chicken Rice Bowl, Roll Veggie Bar Fruit & Milk	Walking Taco Guacamole Hummus Veggie Bar Fruit & Milk	Corn Dog Fries Veggie Bar Fruit & Milk	
7	8	9	10	11	12	13
	General Tso's Thai Noodles Veggie Bar Fruit & Milk	Calzone Sweet Potato Fries Veggie Bar Fruit & Milk	Chicken Patty Baked Potato Bar Veggie Bar Fruit & Milk	Macaroni & Cheese Veggie Bar Fruit & Milk	Teriyaki Beef Rice Bowl Black Beans, Roll Veggie Bar Fruit & Milk	
14	15	16	17	18	19	20
	Fish Sticks Tator-tots Cole slaw Veggie Bar Fruit & Milk	Cheese Ravioli Breadsticks Veggie Bar Fruit & Milk	Nacho's Fava Beans Veggie Bar Fruit & Milk	Corn Dogs Fries Veggie Bar Fruit & Milk	Turkey Sub Veggie Bar Fruit & Milk	
21	22	23	24	25	26	27
	Chicken Drumstick Red skins Veggie Bar Fruit & Milk	Pretzel Cheese Cup yogurt Veggie Bar Fruit & Milk	Pizza Sub Veggie Bar Fruit & Milk	French Toast Hash browns Sausage Links Veggie Bar Fruit & Milk	Chicken Ranch Wraps Veggie Bar Fruit & Milk	
28	29	30				
	Chicken Veggie Dumplings Veggie Fried Rice Veggie Bar Fruit & Milk	Hammy Sammy Veggie Bar Fruit & Milk				

Breakfast & Lunch is free to all students

Menu is subject to change. This institution is an equal opportunity provider and employer.

Menu Items in Bold are made from scratch items

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. Sub Bar is offered daily for 6-12 grade. As an option for meal substitution.
11. Cereal, muffin, cheese stick, fruit juice & milk offered every day at breakfast
12. Fresh vegetable bar offered daily at lunch