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| November |
| 2022 |
| Atlanta Community Schools |

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| Middle School Lunch Menu | Atlanta Schools Homepage |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Drumstick Chicken  Redskins,  Hot Vegetable  Fruit  Salad bar & Milk | Taco’s  Grapes  Salad Bar & Milk | Roast Beef Sub  Fruit  Salad Bar & Milk | French Toast Sticks  Sausage Links  Hash Browns  Fruit  Salad Bar & milk |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | Chicken Nuggets  Gold Fish  Veggies  Fruit  Salad bar & milk | Nachos  Corn  Fruit  Refried Beans  Salad bar & Milk | Hamburger  Fries  Fruit  Salad Bar & Milk | Spaghetti  Green Beans  Fruit  Salad Bar & Milk | Biscuits & Gravy  Hash browns  Fruit  Salad Bar & milk |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | Chicken Fajita’s  Fruit  Salad Bar & Milk | No School  Safety Day | Walking Taco  Fruit  Veggies  Refried beans  Salad Bar & Milk | Grilled Cheese  Tomato Soup  Goldfish  Fruit  Salad Bar & Milk | Popcorn Chicken  Mashed Potato’s  Gravy, corn  Fruit,  Salad Bar & Milk |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | Chicken Nuggets  Veggies, string cheese  Rice Crispy, Fruit  Salad Bar & Milk | Philly Steak & Cheese Sub, Veggies  Fruit  Salad bar & milk | Popcorn Chicken  Mashed Potato’s  Gravy, corn, Fruit  Salad Bar & Milk | No School  Thanksgiving Break | No School  Thanksgiving |  |
| 27 | 28 | 29 | 30 |  |  |  |
|  | Nacho’s  Fruit  Refried Beans Salad Bar & Milk | Macaroni & Cheese  Goldfish  Hot Vegetable  Fruit  Salad Bar & Milk | Chicken Patty Sandwich  Fries  Fruit  Salad Bar & Milk |  |  |  |
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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 & 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.