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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 ChickenRedskins, Hot VegetableFruitSalad bar & Milk | Taco’s GrapesSalad Bar & Milk | Roast Beef SubFruitSalad Bar & Milk | French Toast SticksSausage LinksHash BrownsFruitSalad Bar & milk |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | Chicken NuggetsGold FishVeggiesFruitSalad bar & milk | NachosCornFruitRefried BeansSalad bar & Milk | HamburgerFriesFruitSalad Bar & Milk | SpaghettiGreen BeansFruitSalad Bar & Milk | Biscuits & GravyHash brownsFruitSalad Bar & milk |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | Chicken Fajita’sFruit Salad Bar & Milk | No SchoolSafety Day | Walking TacoFruit VeggiesRefried beansSalad Bar & Milk | Grilled CheeseTomato SoupGoldfishFruitSalad Bar & Milk | Popcorn ChickenMashed Potato’sGravy, cornFruit, Salad Bar & Milk |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | Chicken NuggetsVeggies, string cheeseRice Crispy, FruitSalad Bar & Milk | Philly Steak & Cheese Sub, VeggiesFruitSalad bar & milk | Popcorn ChickenMashed Potato’sGravy, corn, FruitSalad Bar & Milk | No SchoolThanksgiving Break | No SchoolThanksgiving |  |
| 27 | 28 | 29 | 30 |  |  |  |
|  | Nacho’sFruitRefried Beans Salad Bar & Milk | Macaroni & CheeseGoldfishHot VegetableFruit Salad Bar & Milk | Chicken Patty SandwichFriesFruitSalad 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.