



Atlanta Public Schools Lunch Menu: Pre-K

August 2017

31

Oven-roasted
Chicken w/Roll

Potato Wedges

Mixed Fruit Cup

01

Rotini w/Meat
Sauce

Green Beans

Sliced Peaches

02

Cheese Pizza

Carrot Coins

Fresh Apple

03

Hamburger

Baked Beans

Applesauce

04

Chicken Nuggets &
Breadstick

Steamed Kale

Pineapple

07

Meat Loaf
w/Sauce & Roll

Mashed Potatoes

Mixed Fruit Cup

08

Chicken Mashed
Potato Bowl

Celery Sticks

Sliced Peaches

09

Fish Melt

Cucumber Coins

Fresh Apple

10

Chicken, Ham &
Cheese Sub

Chipotle Campfire
Beans

Applesauce

11

Inside Out Penne
Casserole
Popcorn Chicken

Broccoli

Pineapple

14

Salisbury Steak
w/Sauce/Noodles

Seasoned Corn

Mixed Fruit Cup

15

Hot Dog

Sweet Potato Tots

Sliced Peaches

16

Hamburger

Green Beans

Fresh Apple

17

Sloppy Joe
Sandwich

Charro Beans

Applesauce

18

Pasta w/Chicken
Alfredo

Steamed Kale

Pineapple

21

Cheese Quesadilla

Cucumber Tomato
Salad

Mixed Fruit Cup

22

Country Chicken
Bowl w/Breadstick

Cucumber Slices

Sliced Peaches

23

Popcorn Chicken
w/ Breadstick

Campfire Beans

Fresh Apple

24

Roast Turkey with
Sauce & Cornbread
Dressing

Seasoned Zucchini

Applesauce

25

Cajun Meatball
Stew

Steamed Broccoli

Pineapple

Welcome to School!

Find more menus and information at
<http://www.atlantapublicschoolsnutrition.us>

Picky eating is a typical behavior for many preschoolers.

It's simply another step in the process of growing up and becoming independent. As long as your preschooler is healthy, growing normally, and has plenty of energy, he or she is most likely getting needed nutrients.

Make healthy eating and physical activities fun!

Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous - try new sports, games and other activities, as well as new foods. You'll grow stronger, play longer, and look and feel better! Set realistic goals - don't try changing too much at once.