



APS Café and Grab-n-Go Breakfast & Lunch Menu: K-5 and K-8 August 28 through September 29, 2017

28
BREAKFAST
Oatmeal Raisin Bar
Cheerios, Graham Cracker
& String Cheese
LUNCH ENTREES
Spaghetti w/Sauce &
Meatballs
Kickin' Pinto Salad
Tuna Salad Sub

29
BREAKFAST
Country Chicken Biscuit
Apple Cinnamon Muffin &
String cheese
LUNCH ENTREES
Potato Breaded Fish Nuggets
w/Mac & Cheese
Gr. Cheese & Tom. Soup
Hot Spicy Chicken Sandwich

30
BREAKFAST
Berry French Toast
Cinnamon Toast Crunch,
Graham Crackers & String
Cheese
LUNCH ENTREES
Cheese or Pepperoni Pizza
Beefy Nacho Salad
Turkey & Cheese Sandwich

31
BREAKFAST
Sausage Breakfast Pizza
Apple Orange Yogurt
Smoothie & Graham
Crackers
LUNCH ENTREES
Mexican Bowl + Roll
Chicken Chunk Bites
All-American Salad + Roll

01
BREAKFAST
Cherry Frudel
Turkey Sausage Sandwich
LUNCH ENTREES
Sweet & Sour Chicken & Rice
Soft Bean Taco
Hamburger/Cheeseburger

04
LABOR DAY HOLIDAY

05
BREAKFAST
Turkey Pancake Wrap
Banana Muffin/Yogurt
LUNCH ENTREES
Rotini w/Italian Meat Sauce
Broccoli Veggie Flatbread
Breaded Chicken Caesar
Salad

06
BREAKFAST
Fiesta Egg & Cheese
Sandwich
Cinnamon Chex, Graham
Crackers
LUNCH ENTREES
Cheese or Pepp. Pizza
Egg Chef Salad
Chick. Salad Sandwich

07
BREAKFAST
Country Chicken Biscuit
Smoothie & Graham Crackers
LUNCH ENTREES
Hamburger/Cheeseburger
Bean Quesadilla
All-American Salad

08
BREAKFAST
Cherry Frudel
Turkey Sausage Sandwich
LUNCH ENTREES
Veg. Chili Topped Baked
Potato
Chicken Chunk Nuggets
Turkey & Cheese Melt

11
BREAKFAST
Blueberry Mini Waffles
Raisin Bran & Graham
Crackers
LUNCH ENTREES
Meatloaf & Rosemary
Sauce with Dinner Roll
Cheese & Fruit Plate
Hot Spicy Chicken
Sandwich

12
BREAKFAST
Egg, Cheese & Sausage
Slider
Banana Muffin/Yogurt
LUNCH ENTREES
Chicken Chipotle Bowl
Veggie Burger
Turkey & Cheese
Sandwich

13
BREAKFAST
Apple Frudel
Cheerios & Graham
Crackers
LUNCH ENTREES
Cheese or Pepp. Pizza
Breaded Fish Melt
Buffalo Chicken Salad
w/roll

14
BREAKFAST
Cinnamon Pancakes
Smoothie & Graham
Crackers
LUNCH ENTREES
Spicy Chicken Sandwich
Egg Salad Sandwich
Turkey Ham & Cheese Melt

15
BREAKFAST
Egg & Cheese Sandwich
Oatmeal Raisin Bar &
Vanilla Yogurt
LUNCH ENTREES
Inside Out Penne
Casserole & Roll
Chicken Chunk Bites
Chicken Caesar Salad

18
BREAKFAST
Country Chicken Biscuit
Cinnamon Chex & Graham
Crackers
LUNCH ENTREES
Salisbury Steak & Roll
with Sauce & Noodles
Mediterranean Veggie Wrap
Greens w/ Chicken Salad

19
BREAKFAST
Berry French Toast
Turkey Pancake Wrap
LUNCH ENTREES
Hot Dog
Cheese & Bean Nacho
Salad
Turkey Ham & Cheese
Sandwich

20
BREAKFAST
Sausage Breakfast Pizza
Raisin Bran & Graham
Crackers
LUNCH ENTREES
Pizza Sticks/Marinara
Hamburger/Cheeseburger
Tuna Salad Sandwich

21
BREAKFAST
Egg & Cheese Fundle
Apple Orange Yogurt
Smoothie & Graham
Crackers
LUNCH ENTREES
Sloppy Joe Sandwich
Three Cheese Salad
Chicken Chunk Bites

22
BREAKFAST
Fiesta Egg & Cheese
Sandwich
Blueberry Muffin & Vanilla
Yogurt
LUNCH ENTREES
Pasta w/Chicken Alfredo
Gr. Cheese & Tom. Soup
Chef Salad + Roll

25
BREAKFAST
SW Egg & Cheese Slider
Raisin Bran & Graham
Crackers
LUNCH ENTREES
Cheese Quesadilla
Spicy Chicken Sandwich
All-American Sandwich

26
BREAKFAST
Mini Corn Dogs
Banana Muffin & Vanilla
Yogurt
LUNCH ENTREES
Country Chicken Bowl
Egg Salad Sandwich
Philly Cheesesteak

27
BREAKFAST
Turkey Saus. Sandwich
Cheerios & Graham
Crackers
LUNCH ENTREES
Bean & Cheese Burrito
Chicken Chunk Bites
Apple & Cheese Plate

28
BREAKFAST
Apple Frudel
Smoothie & Graham
Crackers
LUNCH ENTREES
Roast Turkey & Roll
with Sauce & roll
Cheese or Pepp. Pizza
Sunbutter & Jelly
Sandwich

29
BREAKFAST
Maple Mini Waffles
Sausage Breakfast Pizza
LUNCH ENTREES
Cajun Meatball Stew
Nachos Salad
Turkey & Cheese Wrap

PLEASE UPDATE YOUR RECORDS!
If your child received free or reduced price meals last year, you **MUST** complete a new application for this school year. Only one application needed per family.
Go to www.atlantapublicschoolsnutrition.us

Breakfast meals always come with choices of fruit, milk and juice.
At lunchtime, students may choose their favorites from a daily variety of fruit and vegetable sides, along with milk and juice.

