



APS Breakfast & Lunch Menu: Pre-K August 28 through September 29, 2017

28 BREAKFAST
 Cheerios
 Fresh Apple Wedges
 1% milk; assorted juice
LUNCH
 Spaghetti w/Sauce & Meatballs
 Seasoned Green Beans
 Mixed Fruit, canned
 1% milk; assorted juice

29 BREAKFAST
 Apple Cinnamon Muffin
 Mixed Fruit, canned
 1% milk; assorted juice
LUNCH
 Fish Nuggets
 Broccoli Bites
 Peaches, canned
 1% milk; assorted juice

30 BREAKFAST
 Berry French Toast
 Applesauce
 1% milk; assorted juice
LUNCH
 Cheese Pizza
 Zucchini Slices
 Fresh Apple
 1% milk; assorted juice

3 BREAKFAST
 Cheerios
 Raisins
 1% milk; assorted juice
LUNCH
 Mexican Bowl
 Kickin' Pinto Beans
 Applesauce
 1% milk; assorted juice

01 BREAKFAST
 Egg & Cheese on Muffin
 Peaches, canned
 1% milk; assorted juice
LUNCH
 Sweet & Sour Chicken & Rice
 Collard Greens
 Pineapple Tidbits
 1% milk; assorted juice

04
LABOR DAY HOLIDAY

05 BREAKFAST
 Blueberry Muffin
 Mixed Fruit
 1% milk; assorted juice
LUNCH
 Chicken Chipotle Bowl
 Celery Sticks
 Sliced Peaches
 Dinner Roll
 1% milk; assorted juice

06 BREAKFAST
 Cheerios
 Applesauce
 1% milk; assorted juice
LUNCH
 Cheese Pizza
 Carrot Coins
 Fresh Apple Wedges
 1% milk; assorted juice

07 BREAKFAST
 Country Chicken Biscuit
 Raisins
 1% milk; assorted juice
LUNCH
 Hamburger
 Baked Beans
 Applesauce
 1% milk; assorted juice

08 BREAKFAST
 Cheerios
 Sliced Peaches
 1% milk; assorted juice
LUNCH
 Chicken Nuggets
 Steamed Kale
 Pineapple Tidbits
 1% milk; assorted juice

11 BREAKFAST
 Cheerios
 Fresh Apple Wedges
 1% milk; assorted juice
LUNCH
 Meatloaf & Rosemary Sauce with Dinner Roll
 Mashed Potatoes
 Mixed Fruit
 1% milk; assorted juice

12 BREAKFAST
 Banana Muffin
 Mixed Fruit
 1% milk; assorted juice
LUNCH
 Hamburger
 Baked Beans
 Applesauce
 1% milk; assorted juice

13 BREAKFAST
 Cheerios
 Applesauce
 1% milk; assorted juice
LUNCH
 Breaded Fish Melt
 Cucumber Coins
 Fresh Apple Wedges
 1% milk; assorted juice

14 BREAKFAST
 Cinnamon Pancakes
 Raisins
 1% milk; assorted juice
LUNCH
 Turkey Ham & Cheese Sub
 Chipotle Campfire Beans
 Applesauce
 1% milk; assorted juice

15 BREAKFAST
 Egg & Cheese Sandwich
 Sliced Peaches
 1% milk; assorted juice
LUNCH
 Inside Out Penne Casserole & Roll
 Steamed Broccoli
 Pineapple Tidbits
 1% milk; assorted juice

18 BREAKFAST
 Cheerios
 Fresh Apple Wedges
 1% milk; assorted juice
LUNCH
 Salisbury Steak & Roll with Sauce & Noodles
 Seasoned Peas
 Mixed Fruit
 1% milk; assorted juice

19 BREAKFAST
 Berry French Toast
 Mixed Fruit
 1% milk; assorted juice
LUNCH
 Hot Dog
 Sweet Potato Bites
 Sliced Peaches
 1% milk; assorted juice

20 BREAKFAST
 Sausage Breakfast Pizza
 Applesauce
 1% milk; assorted juice
LUNCH
 Hamburger
 Seasoned Green Beans
 Fresh Apple Wedges
 1% milk; assorted juice

21 BREAKFAST
 Cheerios
 Raisins
 1% milk; assorted juice
LUNCH
 Sloppy Joe Sandwich
 Charro Beans
 Applesauce
 1% milk; assorted juice

22 BREAKFAST
 Blueberry Muffin
 Sliced Peaches
 1% milk; assorted juice
LUNCH
 Pasta w/Chicken Alfredo
 Dinner Roll
 Steamed Kale
 Pineapple Tidbits
 1% milk; assorted juice

25 BREAKFAST
 SW Egg & Cheese Slider
 Fresh Apple Wedges
 1% milk; assorted juice
LUNCH
 Cheese Quesadilla
 Cucumber Tomato Salad
 Mixed Fruit
 1% milk; assorted juice

26 BREAKFAST
 Banana Muffin
 Mixed Fruit
 1% milk; assorted juice
LUNCH
 Country Chicken Bowl
 Dinner Roll
 Roasted Carrots
 Sliced Peaches
 1% milk; assorted juice

27 BREAKFAST
 Turkey Saus. Sandwich
 Applesauce
 1% milk; assorted juice
LUNCH
 Chicken Nuggets
 Dinner Roll
 Campfire Beans
 Fresh Apple Wedges
 1% milk; assorted juice

28 BREAKFAST
 Cheerios
 Raisins
 1% milk; assorted juice
LUNCH
 Roast Turkey & Roll with Sauce
 Mashed Potatoes
 Applesauce
 1% milk; assorted juice

29 BREAKFAST
 Maple Mini Waffles
 Sliced Peaches
 1% milk; assorted juice
LUNCH
 Cajun Meatball Stew
 Fluffy Rice
 Steamed Broccoli
 Pineapple Tidbits
 1% milk; assorted juice

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

Children may also select from an assortment of juices at breakfast and lunch.