



# October 2017

## Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>Oatmeal Raisin Bar Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">3</p> <p>Country Chicken Biscuit Apple Cinnamon Muffin w/Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">4</p> <p>Berry French Toast Assorted Cereal w/Graham Crackers Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">5</p> <p>Turkey Bacon Pizza Apple Orange Yogurt Smoothie Graham Crackers Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">6</p> <p>Cherry Frudel Turkey Sausage Sandwich Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>
<p style="text-align: right;">9</p> <p>Fall Break</p>	<p style="text-align: right;">10</p> <p>Fall Break</p>	<p style="text-align: right;">11</p> <p>Fall Break</p>	<p style="text-align: right;">12</p> <p>Fall Break</p>	<p style="text-align: right;">13</p> <p>Fall Break</p>
<p style="text-align: right;">16</p> <p>Banana Muffin w/Flavored Yogurt Flavored Oatmeal Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">17</p> <p>Egg Cheese &amp; Turkey Sausage Slider Blueberry Mini Waffles Assorted Cereal w/Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">18</p> <p>Apple Frudel Cheesy Grits Assorted Cereal w/Graham Crackers Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">19</p> <p>Turkey Bacon Pizza Maple Pancakes Assorted Cereal w/Flavored Yogurt Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">20</p> <p>Egg &amp; Cheese Sandwich Oatmeal Raisin Bar Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>
<p style="text-align: right;">23</p> <p>Country Chicken Biscuit Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">24</p> <p>Turkey Bacon Pizza Berry French Toast Assorted Cereal w/Flavored Yogurt Fresh Fruit Pineapple 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">25</p> <p>Scrambled Eggs w/Whole Grain Biscuit Fruit &amp; Cereal Bar Assorted Cereal w/Hard Cooked Eggs Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">26</p> <p>Turkey Bacon Pizza Flavored Oatmeal Assorted Cereal w/Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">27</p> <p>Egg &amp; Cheese Pocket Banana Muffin Flavored Yogurt Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>
<p style="text-align: right;">30</p> <p>Cheese Toast Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">31</p> <p>Egg &amp; Cheese Sandwich Flavored Oatmeal Assorted Cereal w/Flavored Yogurt Fresh Fruit Pineapple 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">1</p> <p>Turkey Sausage Breakfast Pizza Cheesy Grits Assorted Cereal w/Hard Cooked Eggs Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">2</p> <p>Flavored Oatmeal Banana Muffin w/Flavored Yogurt Assorted Cereal w/Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">3</p> <p>Scrambled Eggs Whole Grain Biscuit Grits Assorted Cereal w/Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>

(V) = Vegetarian

**OFFERED DAILY:** 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk

Serving Healthy Meals for Student Success - [www.atlantapublicschoolsnutrition.us](http://www.atlantapublicschoolsnutrition.us)

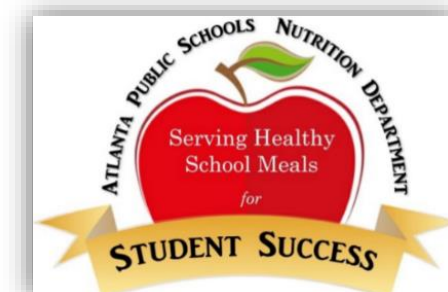
This institution is an equal opportunity provider.

*All menus are subject to change based on product availability*

**Keep Up With Us:**



@APSNutritionNow





# October 2017 APS Salad Bowl Middle School



Served Every Day:  
Tossed Leafy Greens, Cucumbers & Tomatoes,  
Onions (sliced/diced), Jalapeno Peppers, & Pickles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Red Pepper Strips Fresh Fruit Mixed Fruit	3 Broccoli Bites Fresh Fruit Sliced Peaches	4 Zucchini Slices Fresh Fruit Sliced Pears	5 Celery Sticks Fresh Fruit Applesauce	6 Baby Carrots Fresh Fruit Pineapple Tidbits
9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break
16 Three Bean Salad Fresh Fruit Sliced Pears	17 Fresh Celery Sticks Fresh Fruit Applesauce	18 Fresh Zucchini Slices Fresh Fruit Sliced Peaches	19 Baby Carrots Fresh Fruit Pineapple Tidbits	20 Fresh Red Pepper Strips Fresh Fruit Mixed Fruit
23 Broccoli Bites Fresh Fruit Sliced Peaches	24 Fresh Zucchini Slices Fresh Fruit Applesauce	25 Red Peppers Fresh Fresh Fruit Sliced Pears	26 Celery Sticks Fresh Fruit Pineapple Tidbits	27 Baby Carrots Fresh Fruit Mixed Fruit
30 Celery Sticks Fresh Fruit Sliced Pears	31 Red Pepper Strips Fresh Fruit Applesauce	1 Broccoli Bites Fresh Fruit Sliced Peaches	2 Baby Carrots Fresh Fruit Pineapple Tidbits	3 Coleslaw Fresh Fruit Mixed Fruit

Keep Up With Us:  
**twitter**  
@APSNutritionNow

(V) = Vegetarian

**OFFERED DAILY:** 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk  
Serving Healthy Meals for Student Success - [www.atlantapublicschoolsnutrition.us](http://www.atlantapublicschoolsnutrition.us)  
This institution is an equal opportunity provider.  
*All menus are subject to change based on product availability*





# Middle School Lunch Menu October 2017

## National Farm to School Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <b>Spaghetti &amp; Meatballs w/Dinner Roll</b> Cajun Beef Burger <b>Baja Bean Salad w/Tortilla Crisps (V)</b> Seasoned Green Beans</p>	<p>3 <b>Potato Crusted Fish Nuggets w/Macaroni &amp; Cheese</b> Four Cheese Pizza <b>Bean Tacos (V)</b> Seasoned Tater Tots</p>	<p>4 <b>Chili Dog</b> <b>Veggie Quesadilla (V)</b> Turkey Chef Salad w/Dinner Roll Sweet Potato Fries</p>	<p>5 <b>Red Beans &amp; Rice</b> Chicken Chunk Bites w/Dinner Roll All American Salad w/Dinner Roll (V) Kickin' Pintos</p>	<p>6 <b>Sweet &amp; Sour Chicken w/Fluffy Rice</b> White Cheese, Tomato, Herb Artisan Pizza <b>Spicy Black Bean Burger (V)</b> Collard Greens</p>
<p>9 Fall Break</p>	<p>10 Fall Break</p>	<p>11 Fall Break</p>	<p>12 Fall Break</p>	<p>13 Fall Break</p>
<p>16 <b>Meatloaf with Sauce &amp; Dinner Roll</b> Three Cheese Sub (V) Buffalo Chicken Pizza Mashed Potatoes</p>	<p>17 <b>Cajun Chili Cheese Fries w/Dinner Roll</b> Ranch Chicken Salad w/Dinner Roll Veggie Quesadilla w/Brown Rice (V) Chipotle Campfire Beans</p>	<p>18 <b>Penne Alfredo w/Dinner Roll</b> Turkey &amp; Swiss Melt Veggies w/Hummus &amp; Flatbread (V) Seasoned Broccoli</p>	<p>19 <b>Chicken Nuggets w/Dinner Roll</b> Tuna Salad Sandwich Cheesy Calzone (V) Sweet Potato Fries</p>	<p>20 <b>Chicken Chili w/Whole Grain Saltines</b> Pesto Cheeseburger Herbed White Flatbread Pizza (V) Seasoned Green Beans</p>
<p>23 <b>Salisbury Steak w/Brown Rice</b> Mediterranean Vegetable Wrap (V) Taco Pizza Seasoned Green Peas</p>	<p>24 <b>Chicken Nuggets w/Dinner Roll</b> Cheeseburger Greek Salad w/Dinner Roll (V) Charro Beans</p>	<p>25 <b>Enchilada Casserole (V)</b> Tuna Salad Sandwich Flatbread Buffalo Chicken Pizza Seasoned Green Beans</p>	<p>26 <b>Orange Chicken &amp; Broccoli w/Vegetarian Fried Rice</b> Rice &amp; Bean Salad w/Tortilla Chips (V) Chicken Fajitas w/Cilantro Lime Rice Sweet Potato Fries</p>	<p>27 <b>BBQ Chicken w/Cornbread</b> All American Sandwich Bean &amp; Cheese Nachos w/Brown Rice (V) Sautéed Kale</p>
<p>30 <b>Chili Mac w/Dinner Roll</b> Spicy Chicken Sandwich Vegetable Pizza (V) Seasoned Mixed Vegetables</p>	<p>31 <b>Country Chicken Bowl w/Dinner Roll</b> Egg Salad Sub (V) Meat Lovers Pizza Seasoned Broccoli</p>	<p>1 <b>Chicken Enchilada w/Rice &amp; Corn Salad</b> Turkey Ham &amp; Cheese Sandwich Chana Masala w/Brown Rice (V) Ginger Carrots</p>	<p>2 <b>Korean Stew w/Flatbread</b> Breaded Chicken Caesar Salad w/ Dinner Roll Flatbread Herb Cheese Pizza (V) Seasoned Green Peas</p>	<p>3 <b>Chicken Nuggets w/Dinner Roll</b> Baja Bean Salad w/Dinner Roll Beef Quesadilla w/Mexican Spiced Rice (V) Campfire Beans</p>

Keep Up With Us:  
**twitter**  
@APSNutritionNow

(V) = Vegetarian

**OFFERED DAILY:** 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk  
Serving Healthy Meals for Student Success - [www.atlantapublicschoolsnutrition.us](http://www.atlantapublicschoolsnutrition.us)  
This institution is an equal opportunity provider.  
*All menus are subject to change based on product availability*

