



# October 2017

## Middle School Grab & Go Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Oatmeal Raisin Bar Fresh Apple Wedges Fresh Fruit 100% Fruit Juice Variety of Milk	3 Country Chicken Biscuit Fresh Orange Wedges Fresh Fruit 100% Fruit Juice Variety of Milk	4 Berry French Toast Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	5 Turkey Bacon Breakfast Pizza Fresh Fruit Raisins 100% Fruit Juice Variety of Milk	6 Cherry Frudel Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk
9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break
16 Banana Muffin Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	17 Blueberry Mini Waffles Fresh Fruit 100% Fruit Juice Variety of Milk	18 Apple Frudel Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	19 Maple Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk	20 Egg & Cheese Sandwich Fresh Fruit 100% Fruit Juice Variety of Milk
23 Country Chicken Biscuit Fresh Fruit 100% Fruit Juice Variety of Milk	24 Berry French Toast Fresh Fruit 100% Fruit Juice Variety of Milk	25 Fruit & Cereal Bar Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	26 Turkey Sausage Pancake Wrap Fresh Fruit 100% Fruit Juice Variety of Milk	27 Banana Muffin Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk
30 Cheese Toast Fresh Fruit 100% Fruit Juice Variety of Milk	31 Strawberry Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk	1 Banana Muffin Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	2 Fruit & Cereal Bar Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	3 Maple Waffles Fresh Fruit 100% Fruit Juice Variety of Milk

(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)

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

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## 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

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# Middle School Lunch Menu October 2017

## National Farm to School Month



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

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