



# October 2017



## High School Traditional Breakfast Menu

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

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(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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## APS Salad Bowl High 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

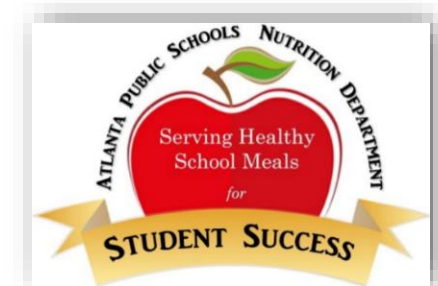
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# October 2017 High School Lunch Menu

## NATIONAL FARM TO SCHOOL MONTH

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Homemade Creations	<b>Spaghetti &amp; Meatballs</b> Green Beans with Margarine Dinner Roll	<b>Potato Crusted Fish Nuggets</b>  Tater Bites Macaroni & Cheese	<b>Chili Dog</b>  Sweet Potato Fries	<u><b>Make Room for Legumes Red Beans &amp; Rice (V)</b></u>  Kickin' Pintos Tortilla Chips	<b>Sweet &amp; Sour Chicken with Vegetables</b>  Collard Greens Vegetable Egg Roll
Made to Order Sandwiches	Chicken Ranch Club Flatbread	Turkey & Cheese Sandwich	Grilled Turkey Ham & Cheese Sandwich	All-American Salad Dinner Roll	Turley Ham & Cheese Wrap
Made to Order Grill & Pizza Zone	<u><b>Make Room for Legumes Baja Bean Salad (V)</b></u> Tortilla Crisps	Four Cheese Pizza Fresh Baked Breadstick	Turkey Chef Salad Dinner Roll	Golden Crispy Boneless Chicken Wings Dinner Roll	Pizza Burger
Fiesta Zone	Beef and Bean Nachos Brown Rice	<u><b>Make Room for Legumes Bean Tacos (V)</b></u> Santa Fe Rice	<u><b>Make Room for Legumes Veggie Quesadilla (V)</b></u> Mexican Spiced Rice	Chicken Fajita Cilantro Lime Rice	<u><b>Make Room for Legumes Spicy Black Bean Burger (V)</b></u>

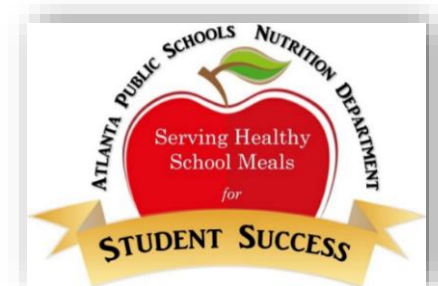


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## High School Lunch Menu

# FALL BREAK

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
<b>Homemade Creations</b>					
<b>Made to Order Sandwiches, Salads, and Grill</b>					
<b>Pizza Zone</b>					
<b>Fiesta Zone</b>					

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## High School Lunch Menu

# NATIONAL FARM TO SCHOOL MONTH

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Homemade Creations	<b>Meatloaf with Sauce</b> Mashed Potatoes Dinner Roll	<b>Cajun Chili Cheese Fries</b> Chipotle Campfire Beans Dinner Roll	<b>Penne Alfredo</b> Seasoned Broccoli Dinner Roll	<b>Chicken Nuggets</b> Sweet Potato Fries Dinner Roll	<b>Chicken Chili</b> <b>Whole Grain Saltines</b> Seasoned Green Beans
Made to Order Sandwiches, Salads and Grill	Ranch Chicken Sandwich Three Cheese Sub Baked Chips Tossed Salad w/Cheese Dinner Roll (V)	Veggie Cheeseburger Turkey & Cheese Sandwich Baked Chips Ranch Chicken Salad Dinner Roll	Reuben Sandwich Turkey Ham & Cheese Sub Baked Chips Veggies with Hummus (V) Flatbread	Hot Dog on Bun Tuna Salad Sandwich Baked Chips Ranch Chicken Salad Dinner Roll	Pesto Cheeseburger Breaded Buffalo Chicken Wrap Baked Chips All-American Salad Dinner Roll
Pizza Zone	Buffalo Chicken Pizza Breadstick	Cheeseburger Pizza Breadstick	Turkey Sausage Pizza Breadstick	Cheesy Calzone (V) Breadstick	Herbed White Flatbread Pizza (V) Breadstick
Fiesta Zone	Beef Fajitas Santa Fe Rice	Bean Quesadilla (V) Brown Rice	Beef Nachos Tortilla Chips	Chicken Taco Spiced Rice	Beef & Bean Burrito Mexican Rice

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## High School Lunch Menu



# NATIONAL FARM TO SCHOOL MONTH

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Homemade Creations	<b>Salisbury Steak</b>  Seasoned Peas Brown Rice	<b>Chicken Nuggets</b>  Charro Beans Dinner Roll	<b>Enchilada Casserole (V)</b>  Seasoned Green Beans Mexican Rice	<b>Orange Chicken &amp; Broccoli</b>  Vegetarian Fried Rice Sweet Potato Fries	<b>BBQ Chicken</b>  Sautéed Kale Cornbread
Made to Order Sandwiches, Salads, and Grill	BBQ Chicken Melt Mediterranean Vegetable Wrap Baked Chips  Chef Salad Dinner Roll	Cheeseburger Chicken Salad Sub Baked Chips  Greek Salad Dinner Roll	Grilled Turkey Ham & Cheese Tuna Salad Sandwich Baked Chips  Chicken Fajita Salad	Cajun Burger Turkey Sandwich Baked Chips  Rice & Bean Salad (V) Tortilla Chips	Sloppy Joe All-American Sandwich Baked Chips  Fruit & Cheese Plate Dinner Roll
Pizza Zone	Taco Pizza Breadstick	Cheese Pizza (V) Breadstick	Flatbread Buffalo Chicken Pizza Breadstick	Cheeseburger Rolletto Breadstick	Turkey Sausage Pizza Breadstick
Fiesta Zone	Cheese Quesadilla (V) Brown Rice	Beef & Bean Burrito Yellow Rice	Korean Tacos Mexican Spiced Rice	Chicken Fajita Cilantro Lime Rice	Bean & Cheese Nachos (V) Brown Rice

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## High School Lunch Menu

A better tomorrow starts today

# NATIONAL FARM TO SCHOOL MONTH

	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Homemade Creations	<b>Chili Mac</b> Seasoned Mixed Vegetables Dinner Roll	<b>Country Chicken Bowl</b> Seasoned Broccoli Dinner Roll	<b>Chana Masala (V)</b> Ginger Carrots Brown Rice	<b>Korean Stew</b> Seasoned Mashed Potatoes Flatbread	<b>Chicken Nuggets</b> Campfire Beans Dinner Roll
Made to Order Sandwiches, Salads, and Grill	Spicy Pineapple Chicken Sandwich Turkey & Swiss Sandwich Baked Chips Spicy Chicken Salad Dinner Roll	Sriracha Crunch Cheese Burger Egg Salad Sub (V) Baked Chips Turkey Ham Chef Salad Dinner Roll	Chicken Parmesan Sandwich Turkey Ham & Cheddar Sandwich Baked Chips Taco Salad Dinner Roll	Filet of Fish on Bun Chicken Pinwheel Wrap Baked Chips Breaded Chicken Caesar Salad Dinner Roll	Pesto Cheeseburger Chicken Salad Sandwich Baked Chips Baja Bean Salad (V) Dinner Roll
Pizza Zone	Vegetable Pizza (V) Breadstick	Meat Lovers Pizza Breadstick	Cheesy Chicken Stromboli Breadstick	Flatbread Herb Cheese Pizza (V) Breadstick	Buffalo Chicken Pizza Breadstick
Fiesta Zone	Chicken & Bean Burrito Brown Rice	Beef Taco Santa Fe Rice	Chicken Enchilada Rice & Corn Salad	Chicken Chili Nachos Brown Rice	Beef Quesadilla Mexican Spiced Rice

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