



November 2017 Middle School Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 Spaghetti & Meatballs w/Dinner Roll Chicken Taco w/Brown Rice Kickin' Pinto Taco Salad w/Tortilla Chips (V) Seasoned Broccoli</p>	<p>7 No School</p>	<p>8 Chili Cheese Fries w/Dinner Roll Turkey Deli Sandwich Three Cheese Melt w/Tomato Soup (V) Campfire Beans</p>	<p>9 Potato Crusted Fish Nuggets w/Macaroni & Cheese BBQ Cheeseburger Macaroni & Cheese (V) Seasoned Green Beans</p>	<p>10 Sweet & Sour Chicken w/Yellow Rice Cheeseburger Roasted Vegetables & Cheese Sub (V) Seasoned Green Peas</p>
<p>13 Oven Roasted Chicken w/Dinner Roll Beef & Bean Nachos w/Cilantro Rice Veggie Burger (V) Kickin' Pinto Beans</p>	<p>14 Vegetarian Chili Topped Potato (V) Ranch Chicken Salad w/Dinner Roll Grilled Turkey Ham and Cheese Sandwich Seasoned Broccoli</p>	<p>15 General Tso's Chicken w/Brown Rice Egg Chef Salad w/Dinner Roll (V) Sriracha Crunch Cheese Burger Ginger Glazed Carrots</p>	<p>16 Thanksgiving Meal Roast Turkey w/ Gravy Cheesy Broccoli Rice Casserole (V) Cornbread Dressing, Cranberry Sauce, Mashed Sweet Potatoes, Seasoned Collard Greens, Peach Crisp</p>	<p>17 Rotini w/ Beef Meat Sauce & Dinner Roll Beef Meatball Sub Cheese Pizza (V) Seasoned Green Beans</p>
<p>20 THANKSGIVING BREAK</p>	<p>21 THANKSGIVING BREAK</p>	<p>22 THANKSGIVING BREAK</p>	<p>23 THANKSGIVING BREAK</p>	<p>24 THANKSGIVING BREAK</p>
<p>27 Salisbury Steak w/Brown Rice Taco Pizza Mediterranean Vegetable Wrap (V) Seasoned Green Peas</p>	<p>28 Chicken Nuggets w/Dinner Roll Cheeseburger Greek Salad w/Dinner Roll (V) Charro Beans</p>	<p>29 Enchilada Casserole (V) Tuna Salad Sandwich Flatbread Buffalo Chicken Pizza Seasoned Green Beans</p>	<p>30 Orange Chicken & Broccoli w/Cilantro Rice Beef Taco Salad w/Tortilla Chips Cheese Stromboli (V) Sweet Potato Fries</p>	<p>Dec. 1 BBQ Chicken w/Cornbread Sloppy Joe Bean & Cheese Nachos w/Brown Rice (V) Sautéed Kale</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

This institution is an equal opportunity provider.

All menus are subject to change based on product availability





November 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
6 Red Pepper Strips Fresh Fruit Sliced Peaches	7 NO SCHOOL	8 Fresh Zucchini Slices Fresh Fruit Sliced Pears	9 Celery Sticks Fresh Fruit Pineapple Tidbits	10 Baby Carrots Fresh Fruit Mixed Fruit
13 Fresh Zucchini Slices Fresh Fruit Sliced Peaches	14 Red Pepper Strips Fresh Fruit Applesauce	15 Broccoli Bites Fresh Fruit Sliced Pears	16 Celery Sticks Fresh Fruit Pineapple Tidbits	17 Baby Carrots Fresh Fruit Mixed Fruit
20 THANKSGIVING BREAK	21 THANKSGIVING BREAK	22 THANKSGIVING BREAK	23 THANKSGIVING BREAK	24 THANKSGIVING BREAK
27 Broccoli Bites Fresh Fruit Sliced Peaches	28 Fresh Zucchini Slices Fresh Fruit Applesauce	29 Fresh Red Peppers Fresh Fruit Sliced Pears	30 Celery Sticks Fresh Fruit Pineapple Tidbits	Dec. 1 Baby Carrots Fresh Fruit Mixed Fruit

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Middle School Breakfast Menu

November 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Egg & Cheese Sandwich Oatmeal Raisin Bar Assorted Cereal & Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	7 No school	8 Turkey Sausage Sandwich Apple Cinnamon Muffin & Yogurt Assorted Cereal & Hard Cooked Egg Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	9 Berry French Toast Brown Sugar Oatmeal Assorted Cereal & Yogurt Fresh Fruit Raisins 100% Fruit Juice Variety of Milk	10 Chicken Biscuit Apple Cinnamon Muffin & Yogurt Assorted Cereal & Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk
13 Grits & Cheese Toast Cinnamon French Toast Assorted Cereal & Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	14 Turkey Sausage Pancake Wrap Maple Pancakes Assorted Cereal & Yogurt Mixed Fruit 100% Fruit Juice Variety of Milk	15 Blueberry Muffin & Yogurt Assorted Cereal & Graham Crackers Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	16 Chicken Biscuit Brown Sugar Oatmeal Assorted Cereal & Yogurt Fresh Fruit Raisins 100% Fruit Juice Variety of Milk	17 Fiesta Egg Sandwich Apple Frudel Assorted Cereal & Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk
20 Thanksgiving Holiday!	21 Thanksgiving Holiday!	22 Thanksgiving Holiday!	23 Thanksgiving Holiday!	24 Thanksgiving Holiday!
27 Chicken Biscuit Brown Sugar Oatmeal Assorted Cereal & Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	28 Turkey Bacon Pizza Maple Waffles Assorted Cereal & Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	29 Scrambled Eggs w/Whole Grain Biscuit Oatmeal Raisin Bar Assorted Cereal w/Hard Cooked Eggs Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	30 Apple Frudel Assorted Cereal & Yogurt Fresh Fruit Raisins 100% Fruit Juice Variety of Milk	1 Egg & Cheese Pocket Banana Muffin & Yogurt Assorted Cereal & Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk

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