



January 2018

Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8	9	10	11	12
Chili Mac w/ Dinner Roll BBQ Chicken Melt Bruschetta Pizza (V) Seasoned Mixed Vegetables	Country Chicken Bowl w/ Dinner Roll Meat Lovers Pizza Roasted Veggie & Cheese Sub (V) Seasoned Broccoli	Chana Masala w/ Brown Rice (V) Turkey, Ham, & Cheese Sandwich Chicken Enchilada w/ Rice & Corn Salad Ginger Carrots	Korean Stew w/ Flatbread Breaded Chicken Caesar Salad w/ Dinner Roll Flatbread Herb Cheese Pizza (V) Seasoned Mashed Potatoes	Chicken Nuggets w/ Dinner Roll Beef Quesadilla w/ Mexican Spiced Rice Baja Bean Salad (V) Campfire Beans
15	16	17	18	19
NO SCHOOL Dr. Martin Luther King Jr. Day	Hot Dog on Bun Bean Tacos Four Cheese Pizza w/ Breadstick (V) Seasoned Tater Tots	Chili Cheese Fries w/ Dinner Roll Three Cheese Melt Sandwich w/ Tomato Soup (V) Turkey Deli Sandwich Campfire Beans	Potato Crusted Fish Nuggets Mac & Cheese (V) BBQ Cheeseburger Seasoned Green Beans	Sweet & Sour Chicken w/ Veggies and Yellow Rice Roasted Veggie & Cheese Sub (V) Cheeseburger Seasoned Green Beans
22	23	24	25	26
Oven Roasted Chicken w/ Dinner Roll Cilantro Rice Beef & Bean Nachos Veggie Burger (V) Kickin' Pinto Beans	Vegetarian Chili Topped Potato w/ Dinner Roll Ranch Chicken Salad w/ Dinner Roll Cheese Pizza (V) Seasoned Broccoli	General Tso's Chicken w/ Brown Rice Sriracha Crunch Cheeseburger Egg Chef Salad w/ Dinner Roll (V) Ginger Glazed Carrots	Rotini & Meat Sauce w/ Dinner Roll Beef Meatball Sub Cheddar & Broccoli Stromboli w/ Dinner Roll (V) Seasoned Green Beans	Roasted Turkey & Gravy w/ Dinner Roll Turkey Hot Dog on Bun Veggie Burrito (V) Seasoned Green Peas
29	30	31		
Meatloaf w/ Sauce & Dinner Roll Buffalo Chicken Pizza Three Cheese Sub (V) Mashed Potatoes	Cajun Chili Cheese Fries w/ Dinner Roll Ranch Chicken Salad w/ Dinner Roll Bean Quesadilla w/ Brown Rice (V) Chipotle Campfire Beans	Salisbury Steak w/ Sauce & Dinner Roll Turkey & Swiss Melt Veggies w/ Hummus & Flatbread (V) Seasoned Broccoli		

Keep Up With Us:

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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





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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
8 Celery Sticks Fresh Apple Wedges Sliced Peaches	9 Red Pepper Strips Fresh Banana Applesauce	10 Broccoli Bites Grapes Sliced Pears	11 Seasoned Peas Fresh Orange Mixed Fruit	12 Coleslaw Apple, Banana & Orange Fruit Cup Pineapple Tidbits
15 NO SCHOOL Dr. Martin Luther King Jr. Day	16 Broccoli Bites Fresh Banana Applesauce	17 Fresh Zucchini Grapes Sliced Pears	18 Celery Sticks Fresh Orange Mixed Fruit	19 Baby Carrots Apple, Banana & Orange Fruit Cup Pineapple Tidbits
22 Fresh Zucchini Slices Fresh Apple Wedges Sliced Peaches	23 Fresh Red Peppers Fresh Banana Applesauce	24 Broccoli Bites Grapes Sliced Pears	25 Baby Carrots Fresh Orange Mixed Fruit	26 Celery Sticks Apple, Banana & Orange Fruit Cup Pineapple Tidbits
29 Three Bean Salad Fresh Apple Wedges Sliced Pears	30 Fresh Celery Sticks Fresh Banana Applesauce	31 Fresh Zucchini Slices Grapes Sliced Pears		

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Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8	9	10	11	12
<p>Cheese Toast Strawberry Pancakes Graham Crackers Cheesy Grits</p> <p>Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p>Egg & Cheese Sandwich Assorted Cereal Maple Oatmeal Flavored Yogurt</p> <p>Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p>Turkey Sausage Breakfast Pizza Banana Muffin Flavored Yogurt Cheesy Grits</p> <p>Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>	<p>Fruit Smoothie Graham Crackers Fruit & Cereal Bar Brown Sugar Oatmeal</p> <p>Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p>Maple Mini Waffles Scrambled Eggs WG Biscuit Grits</p> <p>Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>
15	16	17	18	19
<p>NO SCHOOL Dr. Martin Luther King Jr. Day</p>	<p>Chicken Biscuit Mini Maple Pancakes Maple Oatmeal</p> <p>Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p>Turkey Sausage Sandwich Blueberry Mini Waffles Grits Cheese Toast</p> <p>Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>	<p>Scrambled Eggs WG Biscuit Berry French Toast Brown Sugar Oatmeal</p> <p>Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p>Turkey Sausage Breakfast Pizza Assorted Cereal Cheesy Grits WG Biscuit</p> <p>Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>
22	23	24	25	26
<p>Egg, Cheese, & Turkey Sausage Slider Cinnamon French Toast Cheese Toast Grits</p> <p>Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p>Turkey Sausage Pancake Wrap Maple Pancakes Maple Oatmeal</p> <p>Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p>Banana Muffin Flavored Yogurt Assorted Cereal & Graham Crackers Cheesy Grits & WG Biscuit</p> <p>Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>	<p>Country Chicken Biscuit Fruit Smoothie Graham Crackers Brown Sugar Oatmeal</p> <p>Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p>Fiesta Egg & Cheese Sandwich Cherry Frudel Grits Cheese Toast</p> <p>Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>
29	30	31		
<p>Blueberry Muffin Flavored Yogurt Assorted Cereal & Graham Crackers Grits & Cheese Toast</p> <p>Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p>Turkey Sausage Sandwich Oatmeal Raisin Bar Flavored Oatmeal Flavored Yogurt</p> <p>Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p>Apple Frudel Fruit Smoothie Assorted Cereal & Graham Crackers Cheesy Grits & WG Biscuit</p> <p>Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>		

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