



# January 2018

## Middle School Lunch Menu

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

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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)

This institution is an equal opportunity provider.

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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 <b>NO SCHOOL</b> <b>Dr. Martin Luther</b> <b>King Jr. Day</b>	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 Breakfast in the Classroom Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>	3 <b>NO SCHOOL</b>	4 Apple Frudel Fresh Fruit 100% Fruit Juice Variety of Milk	5 Banana Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk
8 Turkey Sausage Pancake Wrap Fresh Fruit 100% Fruit Juice Variety of Milk	9 Strawberry Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk	10 Banana Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	11 Fruit & Cereal Bar Fresh Fruit 100% Fruit Juice Variety of Milk	12 Maple Mini Waffles Fresh Fruit 100% Fruit Juice Variety of Milk
15 <b>NO SCHOOL Dr. Martin Luther King Jr. Day</b>	16 Assorted Cereal & Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	17 Turkey Sausage Sandwich Fresh Fruit 100% Fruit Juice Variety of Milk	18 Berry French Toast Fresh Fruit 100% Fruit Juice Variety of Milk	19 Apple Cinnamon Muffin & Vanilla Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk
22 Cinnamon French Toast Fresh Fruit 100% Fruit Juice Variety of Milk	23 Maple Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk	24 Banana Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	25 Assorted Cereal & Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk	26 Cherry Frudel Fresh Fruit 100% Fruit Juice Variety of Milk
29 Blueberry Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk	30 Oatmeal Raisin Bar Fresh Fruit 100% Fruit Juice Variety of Milk	31 Apple Frudel & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk		

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