



Middle School Lunch Menu

February 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>Salisbury Steak w/ Sauce & Brown Rice BBQ Chicken & American Cheese Melt Cheese Quesadilla (V) Seasoned Green Peas</p>	<p>6</p> <p>Chicken Nuggets w/ WG Roll Greek Salad w/ WG Roll Cheese Pizza (V) Charro Pinto Beans</p>	<p>7</p> <p>Spaghetti w/ Meat Sauce & WG Roll Buffalo Chicken Flatbread Pizza Egg Salad Sandwich (V) Seasoned Green Beans</p>	<p>8</p> <p>Orange Chicken & Broccoli w/ Cilantro Rice Cajun Slaw Beef Burger White Cheese & Tomato Flatbread Pizza (V) Sweet Potato Fries</p>	<p>9</p> <p>BBQ Chicken w/ Yellow Rice & Cornbread Sloppy Joe Pinto Bean & Cheese Nachos (V) Collard Greens</p>
<p>12</p> <p>Beef & Chili Macaroni Bake Southwest Chicken Salad Bruschetta Pizza (V) Seasoned Mixed Vegetables</p>	<p>13</p> <p>Turkey Roast w/ Rice & WG Roll Meat Lovers Pizza Mediterranean Vegetable Wrap (V) Seasoned Broccoli</p>	<p>14</p> <p>Broccoli & Cheese Baked Potato (V) Fish Sandwich Nacho Salad w/ Beef Taco Meat Sweet Potato Tots</p>	<p>15</p> <p>Chicken Nuggets w/ WG Roll Cheeseburger White Cheese & Tomato Flatbread Pizza (V) Campfire Pinto Beans</p>	<p>16</p> <p>Jerk Chicken w/ Sweet Potatoes & WG Roll Baja Black Bean & Corn Salad w/ WG Roll (V) Chicken Nachos w/ Cheese & Brown Rice Black Eyed Peas</p>
<p>19</p> <p>Salisbury Steak w/ Sauce & Brown Rice BBQ Chicken & American Cheese Melt Cheese Quesadilla (V) Seasoned Green Peas</p>	<p>20</p> <p>Chicken Nuggets w/ WG Roll Greek Salad w/ WG Roll Cheese Pizza (V) Charro Pinto Beans</p>	<p>21</p> <p>Spaghetti w/ Meat Sauce & WG Roll Buffalo Chicken Flatbread Pizza Egg Salad Sandwich (V) Seasoned Green Beans</p>	<p>22</p> <p>Orange Chicken & Broccoli w/ Cilantro Rice Cajun Slaw Beef Burger White Cheese & Tomato Flatbread Pizza (V) Sweet Potato Fries</p>	<p>23</p> <p>BBQ Chicken w/ Yellow Rice & Cornbread Sloppy Joe Pinto Bean & Cheese Nachos (V) Collard Greens</p>
<p>26</p> <p>Roasted Chicken w/ Sautéed Onion Sauce + Mashed Potatoes & WG Roll Beef & Pinto Bean Nachos Veggie Burger (V) Kickin Pinto Beans</p>	<p>27</p> <p>Veggie Chili Baked Potato w/ WG Roll Ranch Chicken Salad w/ WG Roll Cheese Pizza (V) Seasoned Broccoli</p>	<p>28</p> <p>General Tso Chicken w/ Brown Rice Sriracha Crunch Beef Cheeseburger Cheese Enchilada w/ Mexican Spiced Rice (V) Ginger Glazed Carrots</p>	<p>1</p> <p>Rotini w/ Meat Sauce & WG Roll Beef Meatball Sub White Cheese & Tomato Flatbread Pizza (V) Seasoned Green Beans</p>	<p>2</p> <p>Roasted Turkey w/ Sauce & WG Roll Greek Salad w/ WG Roll (V) Turkey Hot Dog on Bun Seasoned Green Peas</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





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APS Salad Bowl Middle School

Served Every Day: Tossed Leafy Greens, Cucumbers, Tomatoes, Onions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Broccoli Bites Orange Wedges Sliced Peaches	6 Zucchini Slices Fresh Banana Applesauce	7 Red Peppers Mandarin Orange Sliced Pears	8 Celery Sticks Strawberries Mixed Fruit	9 Baby Carrots Tangerine Pineapple Tidbits
12 Celery Sticks Strawberries Sliced Peaches	13 Red Peppers Tangerine Applesauce	14 Broccoli Bites Banana Sliced Pears	15 Carrot Sticks Apple Wedges Mixed Fruit	16 Coleslaw Orange Wedges Pineapple Tidbits
19 Broccoli Bites Orange Wedges Sliced Peaches	20 Zucchini Slices Fresh Banana Applesauce	21 Red Peppers Mandarin Orange Sliced Pears	22 Celery Sticks Strawberries Mixed Fruit	23 Baby Carrots Tangerine Pineapple Tidbits
26 Zucchini Slices Apple Wedges Sliced Peaches	27 Red Peppers Pear Wedges Applesauce	28 Broccoli Bites Mandarin Orange Sliced Pears	1 Baby Carrots Strawberries Mixed Fruit	2 Celery Sticks Orange Wedges Pineapple Tidbits

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Middle School Grab & Go Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Country Chicken Biscuit Apple Wedges 100% Fruit Juice Variety of Milk	6 Berry French Toast Pear Wedges 100% Fruit Juice Variety of Milk	7 Turkey Sausage Biscuit Mandarin Orange 100% Fruit Juice Variety of Milk	8 Cheesy Egg Biscuit Strawberries 100% Fruit Juice Variety of Milk	9 Banana Muffin & Flavored Yogurt Orange Wedges 100% Fruit Juice Variety of Milk
12 Turkey Sausage Pancake Wrap Tangerine 100% Fruit Juice Variety of Milk	13 Chicken & Cheese Biscuit Banana 100% Fruit Juice Variety of Milk	14 Mini Strawberry Pancakes w/ Strawberry Sauce Strawberries 100% Fruit Juice Variety of Milk	15 Banana Muffin w/ Flavored Yogurt Mandarin Orange 100% Fruit Juice Variety of Milk	16 Maple Waffle Apple Wedges 100% Fruit Juice Variety of Milk
19 Country Chicken Biscuit Apple Wedges 100% Fruit Juice Variety of Milk	20 Berry French Toast Pear Wedges 100% Fruit Juice Variety of Milk	21 Turkey Sausage Biscuit Mandarin Orange 100% Fruit Juice Variety of Milk	22 Cheesy Egg Biscuit Strawberries 100% Fruit Juice Variety of Milk	23 Banana Muffin & Flavored Yogurt Orange Wedges 100% Fruit Juice Variety of Milk
26 Turkey Pancake on a Stick Apple Wedges 100% Fruit Juice Variety of Milk	27 Cheesy Biscuit Pear Wedges 100% Fruit Juice Variety of Milk	28 Blueberry Muffin w/ Flavored Yogurt Mandarin Orange 100% Fruit Juice Variety of Milk	1 Country Chicken Biscuit Strawberries 100% Fruit Juice Variety of Milk	2 Apple Frudel Orange Wedges 100% Fruit Juice Variety of Milk

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