



February 2018

Middle School Lunch Menu

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

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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 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">5</p> <p>Country Chicken Biscuit Peach Oatmeal & Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">6</p> <p>Breakfast Pizza Maple Waffle & Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">7</p> <p>Cheesy Eggs w/ WG Biscuit Oatmeal Raisin Bar Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">8</p> <p>Turkey Sausage Biscuit Assorted Cereal & Flavored Yogurt Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">9</p> <p>Grits & Cheese Toast Banana Muffin & Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>
<p style="text-align: right;">12</p> <p>Cheesy Egg Biscuit Maple Oatmeal & Graham Crackers Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">13</p> <p>Grits & Cheese Toast Assorted Cereal & Flavored Yogurt Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">14</p> <p>Breakfast Pizza Waffles w/ Strawberries Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">15</p> <p>Peach Oatmeal w/ Flavored Yogurt Cheesy Biscuit Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">16</p> <p>Grits w/ WG Biscuit Scrambled Eggs w/ WG Biscuit Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>
<p style="text-align: right;">19</p> <p>Country Chicken Biscuit Peach Oatmeal & Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">20</p> <p>Breakfast Pizza Maple Waffle & Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">21</p> <p>Cheesy Eggs w/ WG Biscuit Oatmeal Raisin Bar Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">22</p> <p>Turkey Sausage Biscuit Assorted Cereal & Flavored Yogurt Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">23</p> <p>Grits & Cheese Toast Banana Muffin & Flavored Yogurt Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>
<p style="text-align: right;">26</p> <p>Pancake on a Stick Cinnamon French Toast Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">27</p> <p>Cheesy Biscuit Maple Pancakes w/ Flavored Yogurt Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">28</p> <p>Banana Muffin & Flavored Yogurt Assorted Cereal & Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">1</p> <p>Country Chicken Biscuit Peach Oatmeal & Flavored Yogurt Fresh Fruit Raisins 100% Fruit Juice Variety of Milk</p>	<p style="text-align: right;">2</p> <p>Green Eggs w/ Turkey Ham Biscuit Apple Frudel Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk</p>

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