

# SEPTEMBER

Lunch (K-8)

Questions or  
Comments?

Upenda Sibley  
Director of Operation  
Phone: 404-802-2540



**DAILY SELECTIONS:**  
ASSORTED LOWFAT MILK

**APS SALAD BOWL OPTIONS:**  
LETTUCE & SPINACH SALAD MIX  
BABY CARROTS  
BROCCOLI  
CAULIFLOWER  
CELERY  
(LG) CUCUMBER  
(LG) TOMATO

FRESH FRUIT AND JUICE SELECTION

LG = LOCALLY GROWN  
FRUITS AND/OR VEGETABLES



Adult Meal Price: \$5.00

Monday

2  
Labor Day – No School  
  
(V) = Vegetarian Option  
(or vegetarian upon request)

Tuesday

3  
**Lunch**  
Turkey & Rice Burrito  
Ham & Cheese Sandwich  
(V) Cheesy Nachos  
Charro Beans

Wednesday

4  
**Lunch**  
Loaded Meatlovers Pizza  
Turkey & Cheese Sub  
(V) Herbed Veggie Alfredo  
Rotini w/ Breadstick  
Garbanzo & Tomato Salad  
Seasoned Broccoli Florets

Thursday

5  
**Lunch**  
Crispy Fish Nuggets  
Grilled Cheeseburger  
(V) Fruit & Yogurt Power Pack w/ Graham Crackers  
Cooked Green Beans

Friday

6  
**Lunch**  
Country Style Steak w/ Roll  
Turkey Chili w/ Beans & Cornbread  
(V) Creamy Mac & Cheese  
Seasoned Mashed Potatoes  
Seasoned Green Peas

9  
**Lunch**  
Beefy Marinara Macaroni  
Tuna Salad Wrap  
(V) Ultimate Grilled Cheese Sandwich  
Cooked Crinkle Cut Carrots

10  
**Lunch**  
Turkey Hot Dog  
Adobe Chicken Wrap  
(V) Cheese Quesadilla  
New England Style Baked Beans

11  
**Lunch**  
Savory Chicken & Broccoli Rotini  
Fresh Ham & Cheese Salad w/ Croutons  
(V) Classic Cheese Pizza  
Seasoned Italian Mixed Veggies

12  
**Lunch**  
Crispy Fish Nuggets w/ Roll  
(V) Cheesy Broccoli Baked Potato w/ Biscuit  
(V) Egg Salad Sandwich  
Seasoned Green Peas

13  
**Lunch**  
Rotisserie Chicken & Rice w/ Roll  
Orange Chicken w/ Rice  
(V) WOWButter & Jelly Sandwich w/ String Cheese  
Seasoned Broccoli Florets

16  
**Lunch**  
Chicken Nugget Potato Bowl w/ Roll  
Creamy Chicken Alfredo w/ Breadstick  
(V) Veggie Ranch Wrap  
Seasoned Broccoli Florets

17  
**Lunch**  
Chicken Enchilada Casserole  
Chunky Tuna Salad Wrap  
(V) Mozzarella Cheese Quesadilla  
Seasoned Mexican Black Beans

18  
**Lunch**  
Savory Meatball Sub  
Classic Pepperoni Pizza  
(V) WOWButter & Jelly Sandwich w/ String Cheese  
Seasoned Italian Mixed Veggies

19  
**Lunch**  
Sausage & Cheese Biscuit Sandwich  
Down Home Chicken & Waffles  
(V) Fruit & Yogurt Power Pack w/ Graham Crackers  
Crispy Tater Tots

20  
**Lunch**  
Chicken Teriyaki w/ Seasoned Brown Rice  
Turkey & Cheese Sandwich  
(V) Creamy White Mac & Cheese  
Cooked Crinkle Cut Carrots

23  
**Lunch**  
Salisbury Steak w/ Roll & Rice  
Chicken Fajita Burrito  
(V) Country Egg Salad Sandwich  
Seasoned Broccoli Florets

24  
**Lunch**  
Cheesy Chicken Flour Tacos  
Fish Patty Sandwich  
(V) Ants on a Log Power Pack  
Seasoned Refried Beans  
**All GREEN Salad Bowl!**

25  
**Lunch**  
Turkey Tetrazzini w/ Whole Wheat Roll  
Chunky Tuna Salad Wrap  
(V) Classic Cheese Pizza  
Seasoned Italian Mixed Veggies

26  
**Lunch**  
Crispy Fish & Chips w/ Roll  
Turkey & Cheese Wrap  
(V) Cheesy Broccoli Baked Potato w/ Biscuit  
Seasoned Green Peas

27  
**Lunch**  
Lemon Pepper Chicken w/ Roll & Seasoned Brown Rice  
Fresh Ham & Cheese Sub  
(V) Grilled Cheese Sandwich  
Cooked Crinkle Cut Carrots

**Tuesday, Sep 24<sup>th</sup>**  
**All Green Salad Bowl**  
**A variety of fresh, nutritious green veggies**

**Grandparents please join us on Friday, Sept 6<sup>th</sup>**

\*Menu is subject to change.

\*1% Low Fat White and Chocolate Milk Offered Daily