

SEPTEMBER

Morningside Annex Lunch



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



Tuesday, Sep 24th
All Green Salad Bowl
 A variety of fresh, nutritious green veggies

Monday Tuesday Wednesday Thursday Friday

<p>2</p> <p>Labor Day – No School</p> <p>(V) = Vegetarian Option (or vegetarian upon request)</p>	<p>3</p> <p>Lunch</p> <p>Turkey & Rice Burrito</p> <p>(V) Cheesy Nachos</p> <p>Charro Beans</p>	<p>4</p> <p>Lunch</p> <p>Loaded Meatlovers Pizza</p> <p>(V) Herbed Veggie Alfredo Rotini w/ Breadstick</p> <p>Garbanzo & Tomato Salad</p> <p>Seasoned Broccoli Florets</p>	<p>5</p> <p>Lunch</p> <p>Crispy Fish Nuggets</p> <p>(V) Fruit & Yogurt Power Pack w/ Graham Crackers</p> <p>Cooked Green Beans</p>	<p>6</p> <p>Lunch</p> <p>Country Style Steak w/ Roll</p> <p>(V) Creamy Mac & Cheese</p> <p>Seasoned Mashed Potatoes</p> <p>Grandparents Day</p>
<p>9</p> <p>Lunch</p> <p>Turkey Burger</p> <p>Fajita Chicken Baked Potato w/ Biscuit</p> <p>Crisp Corn on the Cob</p> <p>Crispy Crinkle Cut Fries</p> <p>Baked Beans</p>	<p>10</p> <p>Lunch</p> <p>Turkey Hot Dog</p> <p>(V) Cheese Enchilada</p> <p>Cooked Crinkle Cut Carrots</p>	<p>11</p> <p>Lunch</p> <p>Savory Chicken, Broccoli & Garlic Rotini</p> <p>(V) Classic Cheese Pizza</p> <p>Seasoned Italian Mixed Veggies</p>	<p>12</p> <p>Lunch</p> <p>Crispy Fish Nuggets w/ Whole Grain Roll</p> <p>(V) Country Egg Salad Sandwich</p> <p>Steamed Mexicorn</p>	<p>13</p> <p>Lunch</p> <p>Rotisserie Chicken & Rice w/ Roll</p> <p>(V) WOWButter & Jelly Sandwich w/ String Cheese</p> <p>Seasoned Broccoli Florets</p>
<p>16</p> <p>Lunch</p> <p>Creamy Chicken Alfredo w/ Breadstick</p> <p>(V) Veggie Ranch Wrap</p> <p>Seasoned Broccoli Florets</p>	<p>17</p> <p>Lunch</p> <p>Chicken Enchilada Casserole</p> <p>(V) Mozzarella Cheese Quesadilla</p> <p>Seasoned Mexican Black Beans</p>	<p>18</p> <p>Lunch</p> <p>Classic Pepperoni Pizza</p> <p>(V) WOWButter & Jelly Sandwich w/ String Cheese</p> <p>Seasoned Italian Mixed Veggies</p>	<p>19</p> <p>Lunch</p> <p>Down Home Chicken & Waffles</p> <p>(V) Fruit & Yogurt Power Pack w/ Graham Crackers</p> <p>Crispy Tater Tots</p>	<p>20</p> <p>Lunch</p> <p>Traditional Turkey & Cheese Sandwich</p> <p>(V) Creamy White Mac & Cheese</p> <p>Cooked Crinkle Cut Carrots</p>
<p>23</p> <p>Lunch</p> <p>Salisbury Steak w/ Roll & Rice</p> <p>(V) Country Egg Salad Sandwich</p> <p>Seasoned Broccoli Florets</p>	<p>24</p> <p>Lunch</p> <p>Whole Grain Fish Patty Sandwich</p> <p>(V) Ants on a Log Power Pack</p> <p>Seasoned Refried Beans</p> <p>All Green Salad Bowl!</p>	<p>25</p> <p>Lunch</p> <p>Turkey Tetrazzini w/ Roll</p> <p>(V) Classic Cheese Pizza</p> <p>Seasoned Italian Mixed Veggies</p>	<p>26</p> <p>Lunch</p> <p>Zesty Orange Chicken</p> <p>(V) Grilled Cheese Sandwich</p> <p>Cooked Crinkle Cut Carrots</p>	<p>27</p> <p>Lunch</p> <p>Crispy Fish & Chips w/ Roll</p> <p>(V) Cheesy Broccoli Baked Potato w/ Biscuit</p> <p>Seasoned Green Peas</p>

*Menu is subject to change.