

# 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**

\*Menu is subject to  
 change.