

# OCT

# 2021

### Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do – Just get moving!



### Daily Selections:

Every Breakfast Entrée comes with Seasonal Fresh Fruit, 100% Fruit Juice, and Low-fat or Non-fat Milk

Every Lunch Entrée comes with the Daily Vegetable(s), Fruit, 100% Fruit Juice, and Low-fat or Non-fat Milk



### Questions or Comments?

Sherry Walker  
 Director of Operations  
 Phone: 404-802-3631

This institution is an equal opportunity provider

# High School Grab & Go

# MENUS



| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| <p>Atlanta Public Schools – Nutrition Department<br/> <b>BOUNCE BACK</b><br/>                 with School Meals<br/> <i>Rising to Academic Excellence</i></p>                       |   |  |  |   |
| <p><b>4</b> <u>Breakfast</u><br/>Rice Krispies Cereal w/<br/>Animal Crackers</p> <p><u>Lunch</u><br/>Chicken Salad Sub<br/>Fresh Baby Carrots</p>                                   | <p><b>5</b> <u>Breakfast</u><br/>Raisin Bran Cereal w/ Animal<br/>Crackers</p> <p><u>Lunch</u><br/>Chicken Nuggets w/ Roll<br/>Fresh Celery Sticks</p>  | <p><b>6</b> <u>Breakfast</u><br/>Cheerios Cereal w/ Animal<br/>Crackers</p> <p><u>Lunch</u><br/>Turkey &amp; Cheese Wrap<br/>Fresh Carrots<br/>Seasoned Corn</p> | <p><b>7</b> <u>Breakfast</u><br/>Blueberry Muffin</p> <p><u>Lunch</u><br/>Cheeseburger<br/>Fresh Broccoli<br/>Seasoned Black Beans</p>                       | <p><b>1</b> <u>Breakfast</u><br/>Frosted Mini Wheats Cereal<br/>w/ Animal Crackers</p> <p><u>Lunch</u><br/>Turkey &amp; Cheese Sandwich w/<br/>Crackers<br/>Fresh Baby Carrots</p>      |
| <p><b>11</b> <u>Breakfast</u><br/>Rice Krispies Cereal w/<br/>Animal Crackers</p> <p><u>Lunch</u><br/>Turkey-Ham &amp; Cheese Wrap<br/>Fresh Baby Carrots</p>                       | <p><b>12</b> <u>Breakfast</u><br/>Raisin Bran Cereal w/<br/>Animal Crackers</p> <p><u>Lunch</u><br/>Cheeseburger<br/>Fresh Celery Sticks</p>            | <p><b>13</b> <u>Breakfast</u><br/>Cheerios Cereal w/ Animal<br/>Crackers</p> <p><u>Lunch</u><br/>Chicken Salad Sub<br/>Fresh Carrots</p>                         | <p><b>14</b> <u>Breakfast</u><br/>Blueberry Muffin</p> <p><u>Lunch</u><br/>Baked Chicken Tenders w/<br/>Roll<br/>Fresh Broccoli</p>                          | <p><b>8</b> <u>Breakfast</u><br/>Frosted Mini Wheats Cereal<br/>w/ Animal Crackers</p> <p><u>Lunch</u><br/>Turkey-Ham &amp; Cheese<br/>Sandwich<br/>Fresh Baby Carrots</p>              |
| <p><b>18</b> <u>Breakfast</u><br/>Rice Krispies Cereal w/<br/>Animal Crackers</p> <p><u>Lunch</u><br/>Chicken Salad Sub<br/>Fresh Baby Sub</p>                                      | <p><b>19</b> <u>Breakfast</u><br/>Raisin Bran Cereal w/<br/>Animal Crackers</p> <p><u>Lunch</u><br/>Chicken Nuggets w/ Roll<br/>Fresh Celery Sticks</p> | <p><b>20</b> <u>Breakfast</u><br/>Cheerios Cereal w/ Animal<br/>Crackers</p> <p><u>Lunch</u><br/>Turkey &amp; Cheese Wrap<br/>Fresh Carrots</p>                  | <p><b>21</b> <u>Breakfast</u><br/>Blueberry Muffin</p> <p><u>Lunch</u><br/>Cheeseburger<br/>Fresh Broccoli<br/>Seasoned Black Beans</p>                      | <p><b>15</b> <u>Breakfast</u><br/>Frosted Mini Wheats Cereal<br/>w/ Animal Crackers</p> <p><u>Lunch</u><br/>Turkey &amp; Cheese Sandwich<br/>w/ Crackers<br/>Fresh Baby Carrots</p>     |
| <p><b>25</b> <u>Breakfast</u><br/>Rice Krispies Cereal w/<br/>Animal Crackers</p> <p><u>Lunch</u><br/>Turkey –Ham &amp; Cheese<br/>Wrap<br/>Fresh Baby Carrots</p>                  | <p><b>26</b> <u>Breakfast</u><br/>Raisin Bran Cereal w/<br/>Animal Crackers</p> <p><u>Lunch</u><br/>Cheeseburger<br/>Fresh Celery Sticks</p>            | <p><b>27</b> <u>Breakfast</u><br/>Cheerios Cereal w/ Animal<br/>Crackers</p> <p><u>Lunch</u><br/>Chicken Salad Sub<br/>Fresh Carrots<br/>Seasoned Corn</p>       | <p><b>28</b> <u>Breakfast</u><br/>Blueberry Muffin</p> <p><u>Lunch</u><br/>Baked Chicken Tenders w/<br/>Roll<br/>Fresh Broccoli<br/>Seasoned Black Beans</p> | <p><b>22</b> <u>Breakfast</u><br/>Frosted Mini Wheats Cereal<br/>w/ Animal Crackers</p> <p><u>Lunch</u><br/>Turkey-Ham &amp; Cheese<br/>Sandwich w/ Crackers<br/>Fresh Baby Carrots</p> |
| <p><b>29</b> <u>Breakfast</u><br/>Frosted Mini Wheats<br/>Cereal w/ Animal Crackers</p> <p><u>Lunch</u><br/>Turkey &amp; Cheese Sandwich<br/>w/ Crackers<br/>Fresh Baby Carrots</p> |   |  |  |   |

Menus are subject to change.

All vegetables are cooked with Vegetable Base

If desired, please request Vegetarian Entrées from the Café before the end of business one school day in advance