## Atlanta Community Schools

## High School Menu



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | Grilled Cheese Tomato Soup Salad Bar, Fruit \& Milk | Walking Taco Salad Bar, Fruit \& Milk | Popcorn Chicken Mashed Potatoes Gravy, Corn, Breadstick, Salad Bar, Fruit \& Milk | 4 |
| 5 | Chicken Breast <br> Redskins, Biscuit Salad Bar, Fruit \& Milk | Pretzel <br> Yogurt, <br> Cheese Cup <br> Salad Bar, Fruit \& Milk | Pizza Sub Fries Salad Bar, Fruit \& Milk | French Toast Hash browns, Sausage Links Salad Bar, Fruit \& Milk | Chicken Tenders Sun Chips Salad Bar, Fruit \& Milk | 11 |
| 12 | Philly Sub <br> Salad Bar, Fruit \& Milk | Chicken Nugget Chips Salad Bar, Fruit \& Milk | Hamburger Fries Salad Bar, Fruit \& Milk | Nacho's <br> Guacamole <br> Salad Bar, Fruit \& Milk | Pizza <br> Goldfish <br> Salad Bar, Fruit \& Milk | 18 |
| 19 | Chicken <br> Sandwich <br> Fries <br> Salad Bar, Fruit \& Milk | Calzone <br> Sweet Potato Fries <br> Salad Bar, Fruit \& Milk | Sub Day Chips Salad Bar, Fruit \& Milk | Walking Taco Refried Beans Salad Bar, Fruit \& Milk | Chicken Day Salad Bar, Fruit \& Milk | 25 |
| 26 | $27$ <br> No School Memorial Day | $28$ <br> Cook's Choice Salad Bar, Fruit \& Milk | Cook's Choice Salad Bar, Fruit \& Milk | Cook's Choice Salad Bar, Fruit \& Milk | Cook's Choice Salad Bar, Fruit \& Milk |  |
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Breakfast \& Lunch is free to all students
Menu is subject to change. This institution is an equal opportunity provider and employer.

1. Fresh fruit \& vegetable are offered daily
2. No trans-fat in the food offered
3. All breads and grains offered are whole grain
4. Calories are limited for different grade levels
5. Only nonfat and flavored nonfat milk offered
6. Students must have a fruit or vegetable with their meal
7. Reduced sodium items such as cheese, taco meat, turkey breast, pizza and more purchased
8. Low fat dressings for salads are offered
9. An alternative meal can be substituted of peanut butter and jelly sandwich, goldfish \& cheese stick. If the student doesn't want the meal planned for the day
10. Cereal, muffin, cheese stick, fruit juice \& milk offered every day at breakfast
11. Fresh vegetable bar offered daily at lunch
