

December 2022

Fall

MENU SUBJECT TO CHANGE
WITHOUT NOTICE

Athens High & MS Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|--|--|---|--|
| | | | 1 Cheese / Hamburger (30/28 gm) W/G Bun French Fries (20 gm) Strawberries (21 gm) Fresh Pear (25 gm) | 2 Cheese Pizza Whole Grain (33gm) Carrots (1 gm) Diced Peaches (14 gm) Fresh Fruit |
| 5 Sweet & Sour Chicken (12 gm) Brown Rice (17 gm) Corn (17 gm) Diced Peaches (14 gm) Fresh Apple (red=25, green=15) | 6 Crazy Cheese Bread (28 gm) Broccoli (3 gm) Mandarin Oranges(14 gm) Fresh Pear (25 gm) | 7 Pulled Pork Sandwich W/G Bun (48 gm) Greenbeans (3 gm) Refried Beans (22 gm) Cinn Applesauce (14 gm) Fresh Orange (15 gm) | 8 Sausge Gravy & W/G Biscuit (28 gm) Hashbrown (12 gm) Fruit Cocktail (17 gm) Fresh Apple (red=25, green=15) | 9 Pepperoni Pizza(33gm) W/G French Bread Carrots (1 gm) Diced Pears (16 gm) Fresh Fruit |
| 12 Chicken Tenders (13 gm) W/G Roll (18 gm) Green Peas (16 gm) Diced Peaches (14 gm) Fresh Apple (red=25, green=15) | 13 Calzone Pepperoni(34 gm) Corn (17 gm) Baked Beans (20gm) Pineapple Chunks (15 gm) Fresh Pear (25 gm) | 14 Sloppy Joes W/G Bun (43 gm) Green Beans (3 gm) Fruit Cocktail (17 gm) Fresh Banana (27 gm) | 15 Christmas Dinner Ham Corn (17 gm) W/G Roll (18 gm) Mashed Potatos w/Gravy Fresh Apple(red=25, green=15) Special Desert | 16 Cheese Pizza Whole Grain (33gm) Carrots (1 gm) Diced Pears (16 gm) Fresh Fruit |
| 19 Chicken Patty (12 gm) W/G Bun (28 gm) Corn (17 gm) Diced Peaches (14 gm) Fresh Apple (red=25, green=15) | 20 Bosco Sticks W/G (30 gm) California Blend (3 gm) Baked Beans (20gm) Mandarin Oranges (14 gm) Fresh Pear (25 gm) | 21 Spaghetti w/Meat Sauce (54gm) Green Beans (3 gm) Fruit Cocktail (17 gm) Fresh Orange (15 gm) | 22 Chicken Quesadeilla(32gm) Brown Rice Broccoli (3gm) Applesauce (14gm) Fresh Banana (27gm) | 23 Pepperoni Pizza(33gm) W/G French Bread Carrots (1 gm) Diced Pears (16 gm) Fresh Fruit |
| 26 NO SCHOOL CHRISTMAS BREAK | 27 NO SCHOOL CHRISTMAS BREAK | 28 NO SCHOOL CHRISTMAS BREAK | 29 NO SCHOOL CHRISTMAS BREAK | 30 NO SCHOOL CHRISTMAS BREAK |

Lunch Option 2

Mon.- Ham & Cheese Sand.
Tues.- Fruit & Yogurt Parfait
Wed.- Chef Salad
Thurs.- Turkey & Cheese Sand.
Fri.- PB & Jelly Sandwich
Offered Daily
Assorted Low Fat Milk

School News

Lunch Prices -

Lunch Free
Adult... \$5.15
Milk... \$0.50

High School & Middle School
Fresh Fruit and Fresh Vegetables.

USDA IS AN EQUAL
OPPORTUNITY PROVIDER AND
EMPLOYER

All Menus Subject To Change Due
To Deliveries or Shortages.

