






Atwater Elementary SD Middle School Menu August & September 2019

Select your favorite entrée and seasonal fruits & vegetables from the Garden Bar, Thursdays feature all **locally grown fruits and vegetables**. Low-fat or fat-free milk is included with all meals. All breads are rich in whole grains. A meal includes an

	Monday	Tuesday	Wednesday	Thursday	Friday
	Week 1 Spicy Chicken Nuggets w/Fries Week 2 Corn Dog & Fries	Week 1 BBQ Rib Sandwich Week 2 Cheeseburger & Tator Tots	Week 1 Chicken Taquitos Week 2 Spicy Chicken Sandwich	Week 1 Drumstick & Wedges Week 2 Chicken Tenders & Fries	Week 1 Carnitas Burrito Week 2 Carnitas Tacos
	French Bread Pizza Buffalo Chicken Salad & Breadstick	Pepperoni or Cheese Pizza Taco Salad w/Tortilla Chips	Ham & Cheese Sub Sandwich Buffalo Chicken Salad & Breadstick	Pepperoni or Cheese Pizza Taco Salad w/Tortilla Chips	French Bread Pizza Turkey Club Sandwich
We offer a variety of fresh garden A Reimbursable Lunch Includes 1/2 cup of Fruit and/or Vegetable .	Fresh Fruit Raisins Baby Carrots Green Beans Celery Sticks	Fresh Fruit Raisins Baby Carrots Black Beans Peas	Fresh Fruit Raisins Cherry Tomato Garbanzo Beans Cucumber Slices	Fresh Fruit Raisins Baby Carrots Kidney Beans Corn	Fresh Fruit Raisins Baby Carrots Broccoli Cherry Tomato

Breakfast: Includes Fresh Fruit & Milk	French Toast Mini Donuts Mixed Fruit Cup w/Graham Crackers & String Cheese	Breakfast Pizza Benefit Bars (Assorted) Mixed Fruit Cup w/Graham Crackers & String Cheese	Pancake Wrap Banana or Zucchini Bread Mixed Fruit Cup w/Graham Crackers & String Cheese	Breakfast Pizza Cinnamon Buns Mixed Fruit Cup w/Graham Crackers & String Cheese	Waffle Sticks & Suasage Patty Pan Dulce Mixed Fruit Cup w/Graham Crackers & String Cheese
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We use menu identifiers in the café to help students recognize **Local, Clean, Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates

For menu nutritional information and foods containing common food allergens please visit www.AESD.edu

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