

The daily menu is subject to change without advanced notice.

# Fulton County Schools Middle School Lunch Menus November 2009



<p>2 Asian Chicken Bites w/Fried Rice &amp; Roll Cheeseburger, *Cheese Pizza French Fries, Steamed Broccoli Celery Sticks w/Ranch Dressing, Mandarin Oranges, Apple Juice Ham Chef Salad Turkey, Ham &amp; Cheese Sub</p>	<p>3 Salisbury Steak w/Au Jus Gravy, Chicken Nuggets, Wheat Roll, *Stuffed Crust Dippers w/Pizza Sauce, Whipped Potatoes, Glazed Carrots, Garden Salad, Diced Pears, Orange Juice, Turkey Chef Salad, Turkey &amp; Cheese Wrap, Chocolate Chip Cookie</p>	<p>4 Spaghetti Casserole, Pepperoni Pizza, *Vegetarian Mexican Casserole, Wheat Roll, California Blend, Corn, Marinated Vegetables, Fruited Jell-O, Bananas, Cheese Chef Salad Deli Turkey Cheese Sub</p>	<p>5 Rotisserie Chicken w/Rice &amp; Cornbread, Hot Dog w/Chili *Cheese Pizza, Turnip Greens Sweet Potato Soufflé, Garden Salad, Rosy Applesauce, Orange Juice Grilled Chicken Chef Salad, Yogurt Cheese Pak, Peach Crisp</p>	<p>6 Shrimp Poppers w/Macaroni &amp; Cheese, Breaded Chicken Sandwich, *Tomato Basil Soup w/ Grilled Cheese Sandwich, Green Beans, Cole Slaw, Sliced Peaches, Fresh Apple, Ham Chef Salad, Turkey Ham &amp; Cheese</p>	<p>The following milk choices are offered daily: 2%, 1%, Skim, Chocolate &amp; Strawberry</p>
<p>9 Burrito (Beef, Bean &amp; Cheese) Chicken Tenders, Wheat Roll *Stuffed Crust Dippers w/ Pizza Sauce California Blend, Baked Beans, Broccoli Salad, Peaches, Oranges Ham Chef, Salad Deli Turkey &amp; Cheese Sub</p>	<p>10 Chicken Noodle Soup, Grilled Cheese Sandwich, BBQ Rib on Bun, *Cheese Pizza, Corn, Peas &amp; Carrots, Garden Salad, Diced Pears, Apple Juice Turkey Chef Salad, Turkey Ham &amp; Cheese Wrap Yellow Cake w/Chocolate Glaze</p>	<p>11 Roasted Turkey w/Rice &amp; Wheat Roll Breaded Chicken Sandwich *Tomato Basil Soup w/Grilled Cheese Sandwich Green Beans, Carrot Soufflé, Apple Coleslaw, Pineapple Tidbits, Bananas Cheese Chef Salad, Pizza Pak</p>	<p>12 Nachos Grande w/Mexican Rice, Chicken Enchilada, *Cheese Pizza Mixed Vegetables, Steamed Broccoli, Black Bean Salad, Spiced Apples, Orange Juice, Grilled Chicken Chef Salad, Yogurt &amp; Cheese Pak, Choc Chip Cookie</p>	<p>13 BBQ Baked Chicken, Hamburger, *Breadsticks w/ Marinara Sauce, Green Peas, Cole Slaw, French Fries, Apricots, Fresh Apple Ham Chef Salad, Turkey Ham &amp; Cheese Sub</p>	<p><b>Middle School Meal Prices:</b> Reduced Breakfast.....\$0.30 Full-Price Breakfast.....\$1.15 Adult Breakfast.....\$1.50  Reduced Lunch.....\$0.40 Full-Price Lunch.....\$2.25 Adult Lunch.....\$3.05</p>
<p>16 Asian Chicken Bites w/Fried Rice &amp; Roll Cheeseburger, *Cheese Pizza French Fries, Steamed Broccoli Celery Sticks w/Ranch Dressing, Mandarin Oranges, Apple Juice Ham Chef Salad Turkey, Ham &amp; Cheese Sub</p>	<p>17 Salisbury Steak w/Au Jus Gravy, Chicken Nuggets, Wheat Roll, *Stuffed Crust Dippers w/Pizza Sauce, Whipped Potatoes, Glazed Carrots, Garden Salad, Diced Pears, Orange Juice, Turkey Chef Salad, Turkey &amp; Cheese Wrap, Chocolate Chip Cookie</p>	<p>18 <b>Early Release Day</b> Grilled Cheese Sandwich *Yogurt &amp; Cheese Pak Baby Carrot &amp; Ranch Dressing Peach Cup Cookie</p>	<p>19 Rotisserie Chicken w/Rice &amp; Cornbread, Hot Dog w/Chili *Cheese Pizza, Turnip Greens Sweet Potato Soufflé, Garden Salad, Rosy Applesauce, Orange Juice Grilled Chicken Chef Salad, Yogurt Cheese Pak, Peach Crisp</p>	<p>20 Shrimp Poppers w/Macaroni &amp; Cheese, Breaded Chicken Sandwich, *Tomato Basil Soup w/ Grilled Cheese Sandwich, Green Beans, Cole Slaw, Sliced Peaches, Fresh Apple, Ham Chef Salad, Turkey Ham &amp; Cheese</p>	<p><b>Meatless options are denoted by an asterisk (*)</b></p>
<p>23 Burrito (Beef, Bean &amp; Cheese) Chicken Tenders, Wheat Roll *Stuffed Crust Dippers w/ Pizza Sauce California Blend, Baked Beans, Broccoli Salad, Peaches, Oranges Ham Chef Salad Deli Turkey &amp; Cheese Sub</p>	<p>24 Chicken Noodle Soup, Grilled Cheese Sandwich, BBQ Rib on Bun, *Cheese Pizza, Corn, Peas &amp; Carrots, Garden Salad, Diced Pears, Apple Juice Turkey Chef Salad, Turkey Ham &amp; Cheese Wrap Yellow Cake w/Chocolate Glaze</p>	<p>25 <b>SCHOOL CLOSED</b></p>	<p>26 <b>SCHOOL CLOSED</b></p>	<p>27 <b>SCHOOL CLOSED</b></p>	
<p>30 Asian Chicken Bites w/Fried Rice &amp; Roll Cheeseburger, *Cheese Pizza French Fries, Steamed Broccoli Celery Sticks w/Ranch Dressing, Mandarin Oranges, Apple Juice Ham Chef Salad Turkey, Ham &amp; Cheese Sub</p>	<p><b>Come join your child for a wonderful Thanksgiving feast during the month of November! Check with your school to find out the specific dates.</b></p>				<p><b>Fulton County School Nutrition Program</b> The Meadows Operations Center 5270 Northfield Boulevard College Park, Georgia 30349 404-669-8960</p>

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