







*~Atlanta Unbound Academy-January 2024~~ Breakfast and Lunch Menu~*

**\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND 1% White Milk or FF Chocolate <Milk\*>(Allergen) `\*\* \*(MENU SUBJECT TO CHANGE ~ \*\***

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>3</div> 	<div>4</div> <div>Buttered Grits w/ Eggs, Apples, Juice, Milk</div> <div>(Dairy, Soy, Wheat)</div> <div>Ground Turkey &amp; Cheese Ziti, Carrots, Roll, Peaches, Milk</div> <div>(Vegetarian Ziti)</div> <div>(Dairy, Wheat, Soy)</div>	<div>5</div> <div>Rice Krispies, Graham Crackers, Banana, Juice, Milk</div> <div>(wheat, Dairy, Soy)</div> <div>Hot Dog, Vegetarian Baked Beans, Apple Sauce</div> <div>(Vegetarian Hot Dog)</div> <div>(Wheat, Dairy)</div>
<div>8</div> <div>Toast w/butter, Gogurt, Apple, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Breaded Chicken Sandwich, Green Beans, Oranges, Milk</div> <div>(Vegetarian Chicken Patty)</div> <div>(Dairy, Wheat, Soy)</div>	<div>9</div> <div>Oatmeal, Apple, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Ground Beef Sloppy Joe, Coleslaw, Peaches, Milk</div> <div>(Vegetarian Crumbles)</div> <div>(Dairy, Soy, Wheat)</div>	<div>10</div> <div>Apple Muffin, Cheese Stick Oranges, Juice, Milk</div> <div>(Wheat, Soy, Dairy)</div> <div>Chicken Salad, Carrots, Pears, Milk, Juice</div> <div>(Vegetarian Chicken Salad)</div> <div>(Wheat, Soy, Dairy)</div>	<div>11</div> <div>Pancake, Sausage, Applesauce, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Teriyaki Chicken, Brown Rice, Broccoli, Oranges, Milk</div> <div>(Vegetarian Chicken Strips)</div> <div>(Dairy, Wheat, Soy)</div>	<div>12</div> <div>Cheerios, Banana, Graham Crackers, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Cheeseburger, Vegetarian Beans, Oranges, Milk</div> <div>(Veggie Burger)</div> <div>(Dairy, Wheat, Soy)</div>
<div>15</div> 	<div>16</div> <div>Croissant w/ Jelly, Gogurt, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Chicken and Waffle, Green Beans, Pineapple Tidbits, Milk</div> <div>(Vegetarian Chicken Patty)</div> <div>(Dairy, Wheat, Soy)</div>	<div>17</div> <div>Blueberry Muffin, Cheese Stick, Orange, Juice, Milk</div> <div>(Dairy)</div> <div>Chili w/ Pinto Beans, Potato, Cornbread, Fruit, Milk</div> <div>(Vegetarian Chili)</div> <div>(Dairy, Wheat, Soy)</div>	<div>18</div> <div>Buttered Grits w/ Eggs, Apples, Juice, Milk</div> <div>(Dairy, Soy, Wheat)</div> <div>BBQ Pull Chicken on Bun Carrots, Peaches, Milk</div> <div>(Vegetarian Ziti)</div> <div>(Dairy, Wheat, Soy)</div>	<div>19</div> <div>Rice Krispies, Graham Crackers, Banana, Juice, Milk</div> <div>(wheat, Dairy, Soy)</div> <div>Corn Dog, Black Beans, Apple Sauce, Milk</div> <div>(Vegetarian Corn Dog)</div> <div>(Wheat, Dairy)</div>
<div>22</div> <div>Toast w/butter, Gogurt, Apple, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Chicken Nuggets, Mac N Cheese, Green Beans, Oranges, Milk</div> <div>(Vegetarian Chicken Patty)</div> <div>(Dairy, Wheat, Soy)</div>	<div>23</div> <div>Oatmeal, Apple, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Meatloaf, Brown Rice, Corn, Peaches, Milk</div> <div>(Vegetarian Crumbles)</div> <div>(Dairy, Soy, Wheat)</div>	<div>24</div> <div>Apple Muffin, Cheese Stick Oranges, Juice, Milk</div> <div>(Wheat, Soy, Dairy)</div> <div>Cheese Pizza, Garden Salad w/Ranch, Pears, Milk, Juice</div> <div>(Vegetarian Cheese Pizza)</div> <div>(Wheat, Soy, Dairy)</div>	<div>25</div> <div>Pancake, Sausage, Applesauce, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Buffalo Chicken Poppers, Broccoli, Oranges, Milk</div> <div>(Vegetarian Chicken Poppers)</div> <div>(Dairy, Wheat, Soy)</div>	<div>26</div> <div>Cheerios, Banana, Graham Crackers, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Meatball Sub, Vegetarian Beans, Oranges, Milk</div> <div>(Veggie Meatballs)</div> <div>(Dairy, Wheat, Soy)</div>
<div>29</div> <div>Bagel w/ Cream Cheese, Apple, Juice, Milk</div> <div>(Dairy, Soy, Wheat)</div> <div>Chicken Wings, Tortilla Chips, Broccoli, Apple, Juice</div> <div>(Vegetarian Chicken Wing)</div>	<div>30</div> <div>Croissant w/ Jelly, Gogurt, Juice, Milk</div> <div>(Dairy, Soy, Eggs, wheat)</div> <div>Spaghetti w/Meat sauce, Green Beans, Pineapple Tidbits, Milk</div> <div>(Vegetarian Chicken Patty)</div> <div>(Dairy, Wheat, Soy)</div>	<div>31</div> <div>Blueberry Muffin, Cheese Stick, Orange, Juice, Milk</div> <div>(Dairy)</div> <div>Vegetable Soup, Cheese Bread, Pinto Beans, Potato, Cornbread, Fruit, Milk</div> <div>(Vegetarian Soup)</div> <div>(Dairy, Wheat, Soy)</div>		



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