

DECEMBER 2024 Atlanta Unbound Academy

All Meals serve with 1% white or FAT
Free Chocolate Milk and
appropriate condiments.
Vegetarian Option Available

Tuesday Friday Monday Wednesday **Thursday** SPAGHETTI W/ MEAT SAUCE - 2 CHICKEN FAJITAS W/CHIPS - 2. TENDERS W/ MAC N CHEESE - 2 OVEN FRIED CHICKEN W/MASH -CHICKEN NUGGETS W/ FRIES - 2.5 c GREEN BEANS -3/4 cup O CORN -3/4 cup STARCHY BROCCOLI -3/4 cup DG CARROTS -3/4 cup RO VEGETARIAN BEANS -3/4 cup LG Fruit - 1/2 cup Fruit - 1/2 cup Fruit - ½ cup Fruit - ½ cup Fruit - ½ cup Milk-8oz Milk-8oz Milk-8oz Milk-8oz Milk-8oz (Dairy, Soy, Wheat) 11 CHICKEN SALAD W/CRACKERS -BEEF BURRITOS - 2.5 oz BEEF A RONI W/ ROLL - 2.5 o TURKEY & CHEESE CROISSANT CORN DOG W/ POTATO SALAD GREEN SALAD -3/4 cup DG BLACK BEANS -3/4 cup LG GREEN BEANS -3/4 cup O CARROTS -3/4 cup RO FRIES -3/4 cup ST Fruit - ½ cup Fruit - ½ cup Fruit - ½ cup Fruit - ½ cup Fruit – ½ cup Milk- 8oz Milk-8oz Milk-8oz Milk-8oz Milk-8oz (Dairy, Soy, Wheat) 18 16 19 TENDERS W/ MAC N CHEESE - 2 CHICKEN FAJITAS W/CHIPS - 2.5 oz OVEN FRIED CHICKEN W/MASH SPAGHETTI W/ MEAT SAUCE - 2.5 oz SACK LUNCH - 2.5 oz BROCCOLI -3/4 cup DG GREEN BEANS -3/4 cup O CORN -3/4 cup STARCHY CARROTS -3/4 cup RO CHICKPEA CRISP-3/4 LG Fruit - 1/2 cup Fruit - 1/2 cup Fruit - ½ cup Fruit - 1/2 cup Fruit - ½ cup Milk-8oz Milk-8oz Milk-8oz Milk-8oz Milk- 8oz (Dairy, Soy, Wheat) Sleeping Sleeping Snowboarding Serry Skating WINTER sleep Cold Fun Snow Winter Break Snow Winter Break Relaxing Survey Tacritine Colon Family Food furtice Controlling Price Solicitation Tacritic Solicitation Price Solicitation Saling Presents Video Games Relaxing Backetull Rain Family NO SCHOOL! Winter Break Winter Break Friends on Presents VideoGames 30 Sleeping WINTER Snowboarding Skating rood Cold Fun **Snow WinterBreak** Relaxing Backetul Sain Family forting Developing Delicituated Three boardsame Plane Friends 6th nts VideoGames