

MOHAMMAD SCHOOL OF ATLANTA

Februar 2016 y

Lunch

MON: LIVE

TUES: LAUGH

WED: DREAM

THUR: TRUST

FRI: WIN

FEBRUARY 1		THRU 5TH		
Chicken Filet Sandwich	Meat Loaf, Rice	Philly Cheese Steak Sub (pepper & Onion)	Pancake Syrup, Hash Brown, ketchup	Beef and Pinto Bean Casserole(no Cheese)
Pickle, Mayo Packs Greenbeans	Kernel Corn	Smiley Face Potato Ketchup, 4 oz	Halah Bacon (2oz)	Corn Muffin
Cantaloupe	Honey Dew Melon	Sliced Oranges	Orange Juice	Sliced Apple
Choice Of Milk	Choice Of Milk	Choice Of Milk	Choice Of Milk	Choice Of Milk
Atl" Large Salad with Black Beans	Atl: Refried Bean Loaf	Tofu Veggie Sub	Meatless Meat	Bean Casserole
FEBRUARY 8		THRU 12 TH		
Herb Baked Chicken Thigh	Salisbury Steak , Gravy	Turkey Sub(no cheese)	Halah Hot Dogs, Pickle, ketchup	Maple Glazed Chicken
Baked Sweet Potatoes	Brown Rice, Mixed Peas & Carrot	Lettuce and Tomatoes, Mayo Pack	W/ Bun, Seasoned Pinto Beans	Spinach, Garlic Bread
Roll, Mixed Fruit	Mixed Melons	Pasta Salad, Sliced Apples	Sliced Oranges	Banana Pudding
Choice of Mike	Choice of Milk	Choice Of Milk	Choice of Milk	Choice of Milk
Atl:	At'l: Refried Beans Steak	Black Bean Burger	Lg. Salad with Beans	Lg Salad with Tofu
FEBRUARY 15, 2015		19 TH		
Grilled Cheese	Open Face Turkey Sandwich (bread)	Beef and Mac Casserole)	Halah Cheese Burger W bun	Chicken Wrap (w Wrap) Cold
Broccoli Soup	Steamed Broccoli	Sautéed Veggie, (6oz)	Honey Dew	(lettuce, Tomatoes, G Pepper)
Mixed Melon	Sliced Oranges	Pineapple (4oz)	Carrot and Raisin Salad	Three Bean Soup
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Veggie and tofu Salad	Large Salad with Beans	Beans and Mac Casserole	Veggie Burger	Bean Wrap
FEBRUARY 22		THRU 27		
Chicken Filet Sandwich	Meat Loaf, Rice	Philly Cheese Steak Sub (pepper & Onion)	Pancake Syrup, Hash Brown, ketchup	Beef and Pinto Bean Casserole(no Cheese)
Pickle, Mayo Packs Greenbeans	Kernel Corn	Smiley Face Potato Ketchup, 4 oz	Halah Bacon (2oz)	Corn Muffin
Cantaloupe	Honey Dew Melon	Sliced Oranges	Orange Juice	Sliced Apple
Choice Of Milk	Choice Of Milk	Choice Of Milk	Choice Of Milk	Choice Of Milk
Atl" Large Salad with Black Beans	Atl: Refried Bean Loaf	Tofu Veggie Sub	Meatless Meat	Bean Casserole
February 29				
Beef and Mac Casserole				
Sautéed Mixed Veggie				
Pineapple				
Choice Of Milk				
Bean and Mac Casserole				

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School Meals Provided By *Fruit Of The Spirit Catering Co.* **** *Lunch in Red will be served as dinner*