

Mohammed Schools of Atlanta Halal Breakfast & Lunch Menu - October-2018

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND 1% MILK or FF Chocolate Milk. ** MENU SUBJECT TO CHANGE ~ (A) denotes Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
1 BREAKFAST - Oatmeal, Raisins, Milk Lunch- Cheese Chef Salad w/Chicken Chunk, Carrots, Rolls, Pineapple Tidbits, Milk (A)Chef Salad w/ Vegetarian Crumbles (soy)	2 BREAKFAST - Blueberry Muffin, String Cheese, Banana, Milk Lunch - Baked Chicken Drumstick, Brown Rice, Green Beans, Orange Wedges Milk (A)-Vegetarian Chicken Pattie 	3 BREAKFAST - Cereal Bar, Gogurt, Apple slices, Milk Lunch - Italian Pasta Bake, Broccoli & Cheese Bread, Fruit Cocktail, Milk (A)-Peanut Butter & Jelly Sandwich	4 BREAKFAST - Hash Brown, Apple Sauce, Milk Lunch - Halal Turkey Deli Sandwich w/ Cheese Garden Salad, Green Beans , Pineapple Tidbits, Milk (A)-Grilled Cheese Sandwich	5 BREAKFAST - Pancake, Bacon, Fruit Cocktail, Milk Lunch - Taco w/ Meat Sauce, Lettuce & Tomatoes, Watermelon (A)-Vegetarian Taco w/ crmbles (soy)
8 Breakfast - Cinnamon Toast Crunch, Banana, Milk Lunch - Chicken Tenders, Baked Fries, Broccoli, Milk (A)-Vegetarian Burger (soy)	9 Breakfast - Hash Brown , Eggs, Fruit Cocktail, Milk Lunch - General Tso Chicken, Angel Hair Pasta, Sweet Peas, Apple, Milk (A)-Vegetarian Burger (soy)	 10 Breakfast- English Toast Muffin, Peaches, Milk Lunch- Vegetarian Alfredo Pasta Broccoli & Cauliflower Watermelon (A)- P & J sandwich	11 Breakfast Bagel w/ cream cheese, Raisins, Milk Lunch- BBQ Sandwich, Baked Fries, Green Salad w/ Italian Dressing, Peaches, Milk (A)-Spaghetti w vegetarian meat (soy)	12 Breakfast- Eggs, WW Toast, Pears, Milk Lunch- Meatball Spaghetti Bowl, Mixed Vegetables, Peaches, Milk (A)-Cheese Pizza
15 	16 Breakfast- Cinnamon Oatmeal , Apple Slices, Milk Lunch- Oven Baked BBQ Chicken , Brown Rice, Green Beans, Fruit Cocktail, Milk (A)-BBQ Vegetarian Chicken Patty	17 Breakfast- Peach Muffin, String Cheese, Pears, Milk Lunch- Cheese Chef Salad w/Chick Chunk, Carrots, Rolls, Pineapple Tidbits, Milk (A)- Grilled Burger	18 Breakfast- Honey Bunches of Oats, Raisins, Milk Lunch- Nachos w/ Meat Sauce, Baked Fries, Black Beans, Apple Slices, Milk (A)-Peanut Butter & Jelly Sandwich	19 Breakfast - Biscuit, Sausage, Oranges, Milk Lunch - Hot Dog, Baked Beans, Salad w/ Italian Dressing, Orange Wedges, Milk (A)-Veg. Corndog
22 Breakfast- Waffle, Apple Sauce, Milk Lunch- Italian Pasta Bake, Broccoli & Cheese, Corn Bread, Apple, Milk (A)-Vegetarian Meatloaf (Tofu)	23 Breakfast- Buttered Grits, Apple, Milk Lunch- Seasoned Chicken Drumsticks Black eye Peas, Brown Rice, Orange Wedges, Milk (A)-Vegetarian Chicken Nuggets (soy)	24 Breakfast- Waffle, Apple Sauce, Milk Lunch- Meatball Sub w/Mozzarella Garden Salad, Peaches, Milk (A)-Vegetarian Meatball sub soy)	25 Breakfast- 1/3 Less Sugar Frosted Cereal, Fresh Apple Sauce, Milk Lunch- Vegetarian Alfredo Pasta Broccoli & Cauliflower, Watermelon, Milk (A)-Pepperoni Pizza	26 
29 BREAKFAST- Cereal Bar, Gogurt, Raisin Milk Lunch- Cheese Chef Salad w/Chick Chunk, Carrots, Rolls, Pineapple Tidbits, Milk (A)- Grilled Burger	30 BREAKFAST - Buttered Grits, Apple, Milk Lunch- Teriyaki Chicken, Rice, Green Beans, Orange Wedges, Milk (A)- Teriyaki Chicken Pattie	31 BREAKFAST- Cereal Bar, Gogurt, Raisin Milk Lunch- Nacho w/ meat sauce, Baked Fries, Black Beans, Apple, Milk (A)- Grilled Burger		



Contact Information: Simplelegantandmore@gmail.com ~ 404.735.6765~simplelegantandmore.com