

Mohammed Schools of Atlanta Halal Breakfast & Lunch Menu - January, 2019

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
|  |  |  | <p>3 Turkey Sausage Biscuit, Peaches, Milk</p> <p>-----</p> <p>Mac & Cheese, Mix Vegetable, Pineapple, Corn Bread, Milk <i>(A) Gluten Free Mac & Cheese</i></p> | <p>4 Assorted Cereal Bar, Yogurt, Fruit Cocktail, Milk</p> <p>-----</p> <p>Hot Dog, Cole Slaw, Orange Wedges, Milk <i>(A) Vegetarian Hot Dog</i></p> |
| <p>7 Cinnamon Toast Crunch Cereal, Raisins, Milk</p> <p>-----</p> <p>Rigatoni w/ Meat Sauce, Spinach, Peaches, Milk <i>(A) Rigatoni w veg/crumbles</i></p> | <p>8 Grits, Egg, Orange Wedges, Milk</p> <p>-----</p> <p>Oven Baked Chicken Brown Rice, Broccoli, Tropical Fruit, Milk <i>(A) Veg. Chicken Patty</i></p> | <p>9 BB Muffin, Turkey Bacon, Pears, Milk</p> <p>-----</p> <p>Tomato Soup, Grilled Cheese, Salad, Pineapple, Milk <i>(A) Vegetable Soup w/Crackers</i></p> | <p>10 Maple Oatmeal, Raisins, Milk</p> <p>-----</p> <p>Spaghetti w/ meat sauce, Green Beans, Fruit Cocktail, Milk <i>(A) Gluten Free Pasta w/ veggie crumbles</i></p> | <p>11 WG Toast, Eggs, Banana, Milk</p> <p>-----</p> <p>Cheese Burger, Baked Fries, Garden Salad, Peaches, Milk <i>(A) Vegetarian Burger</i></p> |
| <p>14 Chicken Biscuits, Fruit Cocktail, Milk</p> <p>-----</p> <p>Fish Sandwich, Roasted Potatoes, Peaches, Milk <i>(A) Protein Vegetable Medley</i></p> | <p>15 Turkey Sausage Biscuit, Banana, Milk</p> <p>-----</p> <p>Chili Beans, Rice, Italian Medley, Orange Wedges, Milk <i>(A) Vegetable Soup</i></p> | <p>16 French Toast Sticks, Apple Slices, Milk</p> <p>-----</p> <p>Mac & Cheese, Mix Vegetable, Pineapple, Corn Bread, Milk <i>(A) Gluten Free Mac & Cheese</i></p> | <p>17 Cheerios, Peaches, Milk</p> <p>-----</p> <p>Nachos w/ meat sauce, Black Beans, Garden Salad, Fruit Cocktail, Milk <i>(A) Sweet Potato Protein Mix</i></p> | <p>18 English Muffin, Fruit Cocktail, Milk</p> <p>-----</p> <p>Meatball Sub, Carrots, Pears, Milk <i>(A) Vegetarian Corn dog</i></p> |
| <p>21</p>  | <p>22 Grits, Cheesy Eggs, Orange Wedges, Milk</p> <p>-----</p> <p>Beef & Mac, Mix Vegetable, Apple Slices, Milk <i>(A)Vegetarian Crumbles w/ Mac (soy)</i></p> | <p>23 WG Toast, Eggs, Tropical Fruit, Milk</p> <p>-----</p> <p>BBQ Chicken, Mashed Potatoes, Sweet Peas, Orange Wedges, Milk <i>(A)- BBQ Vegetarian Chicken Patty- (Soy)</i></p> | <p>24 Chicken Biscuits, Apple Sauce, Milk</p> <p>-----</p> <p>Spaghetti w/ meat sauce, Green Beans, Fruit Cocktail, Milk <i>(A) Spaghetti w/ vegetarian crumbles (Soy)</i></p> | <p>25 Assorted Cereal Bar, Yogurt, Fruit Cocktail, Milk</p> <p>-----</p> <p>Hot Dog, Cole Slaw, Orange Wedges, Milk <i>(A) Vegetarian Hot Dog</i></p> |
| <p>28 French Toast Sticks, Pears, Milk</p> <p>-----</p> <p>Cheese Pizza, Salad, Fruit Cocktail, Milk <i>(A) Grilled Cheese Sandwich</i></p> | <p>29 Assorted Cereal Bar, Gogurt, Apple Slices, Milk</p> <p>-----</p> <p>Chicken Alfredo, Carrots, Bread, Tropical Fruit, Milk <i>(A) Pasta w Alfredo no meat</i></p> | <p>30 English Muffin, Fruit Cocktail, Milk</p> <p>-----</p> <p>Nachos w/ meat sauce, Garden Salad, Fruit Cocktail, Milk <i>(A) Nachos w/ no Meat</i></p> | <p>31 BB Muffin, Turkey Bacon, Pears, Milk</p> <p>-----</p> <p>Chili Beans, Rice, Italian Medley, Orange Wedges, Milk <i>(A) Vegetable Soup</i></p> |  |

