

Mohammed Schools of Atlanta Halal Breakfast & Lunch Menu -February 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>1 Hash brown, Turkey Sausage, Orange Wedges</p> <p>-----</p> <p>Burger, potatoes fries, Salad, Peaches (A) Vegetarian Burger</p>
<p>4 All-Bran complete Cereal, Banana</p> <p>-----</p> <p>Italian Pasta Bake, Spinach, Apple (A) Gluten Free Pasta w veg/crumbles</p>	<p>5 Grits, Turkey Bacon, BlueBerries</p> <p>-----</p> <p>Oven Baked Chicken Brown Rice, Broccoli, Orange Wedge (A) Veg. Chicken Patty</p>	<p>6 French Toast, Apple Slices</p> <p>-----</p> <p>Meatball Sub w/ Mozzarella, Garden Salad, Orange Wedges (A) Vegetarian meatball Sub</p>	<p>7 Cinnamon Oatmeal, Raisins</p> <p>-----</p> <p>Spaghetti w/ meat sauce, Green Beans, Apple (A) Gluten Free Pasta w/ veggie crumbles</p>	<p>8 Turkey Sausage Biscuits, Apple Sauce</p> <p>-----</p> <p>Taco Salad w/Tortilla Chips, Salsa, Cheese, Corn, Black Bean, Apple Sauce (A) Vegetarian Burger</p>
<p>11 Whole Grain Pancake, Turkey Bacon, Orange Wedges</p> <p>-----</p> <p>Fish Patty Roasted Potatoes, Orange Wedges (A) Vegetarian Burger</p>	<p>12 Turkey Sausage Biscuit, Banana</p> <p>-----</p> <p>Santa Fe Soup, Tortilla Chips, Cauliflower, Corn Bread, Salad, Apple (A) Vegetable Soup</p>	<p>13 Cheerios, Banana</p> <p>-----</p> <p>Mac & Cheese, Mix Vegetable, Corn Bread, Apple (A) Gluten Free Mac & Cheese</p>	<p>14 Hash brown, Turkey Bacon, Raisins</p> <p>-----</p> <p>Burger Patty, Brown Gravy, Creamed Mashed Potatoes, Sweet Peas, Peaches (A) Black Bean Burger</p>	<p>15 Grilled Cheese, Orange Wedges</p> <p>-----</p> <p>Chili Cheese Dog, French Fries, Apple (A) Vegetarian Hot Dog</p>
<p>18 Oatmeal, Blueberries</p> <p>-----</p> <p>Turkey & Cheese Sandwich, CN Chips, Apple Slices (A) Grilled Cheese Sandwich</p>	<p>19 Grits, Cheesy Eggs, Orange Wedges</p> <p>-----</p> <p>Italian Pasta Bake, Broccoli, Apple (A)Vegetarian Crumbles w/ Mac (soy)</p>	<p>20 WG Toast, Eggs, Tropical Fruit</p> <p>-----</p> <p>BBQ Chicken, Mashed Potatoes, Sweet Peas, Orange Wedges, Milk (A)- BBQ Vegetarian Chicken Patty- (Soy)</p>	<p>21 Chicken Biscuits, Apple Sauce,</p> <p>-----</p> <p>Spaghetti w/ meat sauce, Green Beans, Fruit Cocktail, Milk (A) Spaghetti w/ vegetarian crumbles (Soy)</p>	
<p>25 French Toast Sticks, Banana, Milk</p> <p>-----</p> <p>Santa Fe Soup, Tortilla Chips, Cauliflower, Corn Bread, Apple (A) Grilled Cheese Sandwich</p>	<p>26 Assorted Cereal Bar, Gogurt, Apple Slices, Milk</p> <p>-----</p> <p>Zesty Chicken Parmesan, Potatoes, Green Beans, Fruit Cocktail (A) Pasta w Alfredo no meat</p>	<p>27 English Muffin, Banana</p> <p>-----</p> <p>Chicken Alfredo, Carrots, Orange Wedges (A) Gluten Free Pasta w/ veggie crumbles</p>	<p>28 BB Muffin, Turkey Bacon, Raisins, Milk</p> <p>-----</p> <p>Chili Beans, Rice, Italian Medley, Apple (A) Vegetable Soup</p>	



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

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