






Meal Prices	Breakfast	Lunch
Full Price Student	\$.80	\$1.75
Reduced Student	\$.30	\$.40
Adult/Visitor	\$2.15	\$3.65

Atkins High School Menu



2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p> HAPPY LABOR DAY</p> <p>No School</p>	<p>3</p> <p>Lunch: Line 1 Line 2</p> <p>Beef/Cheese Nachos/Salsa Mini Corndogs</p> <p>Pinto Beans</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Fresh Fruit Bowl, Mixed Fruit</p> <p>Sugar Cookie</p>	<p>4</p> <p>Lunch: Line 1 Line 2</p> <p>Chicken Strips/Ketchup Mozzarella Sticks</p> <p>Hot Roll Marinara Sauce</p> <p>Green Beans</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Watermelon, Sliced Pears</p>	<p>5</p> <p>Lunch: Line 1 Line 2</p> <p>Hamburger* Crispy Chicken Sandwich</p> <p>French Fries Fries/Ketchup</p> <p>Fresh Sandwich Trimmings/Lite Ranch</p> <p>Fresh Strawberries, Sliced Peaches</p>	<p>6</p> <p>Lunch: Line 1 Line 2</p> <p>BBQ Pork on Bun Turkey/Cheese Melt</p> <p>Quick Baked Potatoes</p> <p>Baked Beans</p> <p>Fresh Sandwich Trimmings/Lite Ranch</p> <p>Applesauce, Fresh Fruit Bowl</p>
<p>9</p> <p>Lunch: Line 1 Line 2</p> <p>Chicken Nuggets/Ketchup Beef/BeanBurrito</p> <p>Hot Roll Salsa</p> <p>Green Beans</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Cantaloupe, Sliced Peaches</p>	<p>10</p> <p>Lunch: Line 1 Line 2</p> <p>Taco Salad/Salsa Corndog</p> <p>Pinto Beans</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Fresh Fruit Bowl, Pineapple Chunks</p> <p>Cinnamon Roll</p>	<p>11</p> <p>Lunch: Line 1 Line 2</p> <p>Spaghetti/Meat Sauce Chicken Quesadilla</p> <p>Breadstick Salsa</p> <p>Whole Kernel Corn</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Applesauce, Fresh Grapes</p>	<p>12</p> <p>Lunch: Line 1 Line 2</p> <p>Orange Chicken/Rice Pepperoni Pizza</p> <p>Mixed Vegetables</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Watermelon, Sliced Pears</p>	<p>13</p> <p>Lunch: Line 1 Line 2</p> <p>Hamburger* Grilled Chicken Sandwich*</p> <p>Potato Wedges/Ketchup</p> <p>Fresh Sandwich Trimmings/Lite Ranch</p> <p>Mixed Fruit, Fresh Fruit Bowl</p>
<p>16</p> <p>Lunch: Line 1 Line 2</p> <p>Lasagna/ Garlic Toast Sausage Pizza</p> <p>Green Beans</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Sliced Pears, Fresh Grapes</p>	<p>17</p> <p>Lunch: Line 1 Line 2</p> <p>Taco Burger Turkey/Cheese Melt</p> <p>Baked Chips</p> <p>Baked Beans</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Fresh Fruit Bowl, Pineapple Chunks</p>	<p>18</p> <p>Lunch: Line 1 Line 2</p> <p>Char Steak/Gravy Chicken Strips/Ketchup</p> <p>Mashed Potatoes/Hot Roll</p> <p>Peas & Carrots</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Cantaloupe, Sliced Pears</p>	<p>19</p> <p>Lunch: Line 1 Line 2</p> <p>Cheesy Chicken Nachos/Salsa Mini Corndogs</p> <p>Whole Kernel Corn</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Mixed Fruit, Fresh Fruit Bowl</p> <p>Animal Crackers</p>	<p>20</p> <p>Lunch: Line 1 Line 2</p> <p>Hamburger Ham/Cheese Hot Pocket</p> <p>French Fries/Ketchup</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Sliced Peaches Fresh Fruit Bowl</p>
<p>23</p> <p>Lunch: Line 1 Line 2 Popcorn</p> <p>Chicken Strips/Ketchup Stuffed Crust Pizza</p> <p>Hot Roll Mixed Vegetables</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Sliced Pears, Fresh Banana</p>	<p>24</p> <p>Lunch: Line 1 Line 2</p> <p>Hamburger* or Cheeseburger*</p> <p>Tater Tots/Ketchup</p> <p>Fresh Sandwich Trimmings/Lite Ranch</p> <p>Mixed Fruit, Fresh Fruit Bowl</p>	<p>25</p> <p>Lunch: Line 1 Line 2</p> <p>Soft Beef Taco/Salsa Corndog</p> <p>Baked Scoops//Salsa</p> <p>Pinto Beans</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Fresh Fruit Bowl, Pineapple Chunks</p>	<p>26</p> <p>Lunch: Line 1 Line 2</p> <p>Chicken Nuggets or Breaded Beef Strips</p> <p>Hot Roll</p> <p>Mashed Potatoes Steamed Carrots</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Fresh Grapes Sliced Peaches</p>	<p>27</p> <p>Lunch: Line 1 Line 2</p> <p>Italian Pasta Bake Ham/Cheese on Bun</p> <p>Garlic Toast Baked Chips</p> <p>Blackeye Peas</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Applesauce, Fresh Fruit Bowl</p>
<p>30</p> <p>Lunch: Line 1 Line 2</p> <p>Beef/Cheese Nachos Grilled Chicken on Bun</p> <p>Pinto Beans</p> <p>Fresh Salad Vegetables/Lite Ranch</p> <p>Fresh Fruit Bowl, Mixed Fruit</p> <p>Cookie</p>		<p></p> <p>1% White or Fat Free Chocolate Milk and/or 100% Fruit Juice /Tea</p> <p>Available with all meals</p>		<p></p> <p>Chef Salad</p> <p>Available Daily at Lunch</p>

Menu Subject to Change

This institution is an equal opportunity provider

Weekly Breakfast Choices



Monday

Sausage Biscuit Or
Cereal, Breakfast Bar

Fruit Smoothie, Fresh Fruit

Tuesday

Chicken Slider Or
Pancakes Syrup, Sausage Or
Cereal, Poptart

String Cheese, Fresh Fruit

Wednesday

Breakfast Pizza Or
Cereal, Breakfast Bar

Fruit Smoothie, Fresh Fruit

Thursday

Ham/Egg/Cheese Biscuit Or
French Toast Sticks Or
Cereal, Breakfast Bun

String Cheese, Fresh Fruit

Friday

Pancake Sausage on Stick Or
Cereal, Breakfast Bar

Fruit Smoothie, Fresh Fruit