








Week of November 1-2, 2018

Pre-Paid Meals Available

Menu Subject to Change

Atlantic City High School	Monday	Tuesday	Wednesday	Thursday 11/1/2018	Friday 11/2/2018
				WG Chicken Tenders  BBQ Baked Bean	WG Chicken Tenders  Steamed Green Beans
  Vegetarian Option				Beef Hamburger on WW Bun  Halal Chicken Cheese Steak WG Sub Roll  Chinese WG Popcorn Chicken Stir Fry w Brown Rice  Grilled Cheese on Whole Wheat Bread	Turkey Bacon Cheeseburger on WW Bun  WG Chicken Patty on WW Bun  Halal Jamaican Beef Patty  Grilled Cheese and Tomato Whole Wheat Bread
				Turkey Pepperoni WG Pizza  WG Cheese Pizza  Buffalo Chicken WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Meat Lovers WG Pizza
				Made to Order Deli Whole Banana Apple Sauce Cups	Made to Order Deli Whole Pear Apple Sauce
				Made to Order Pasta  Buffalo Chicken Panini  Spinach Salad Three Bean Salad Carrot Sticks Egg Salad WG Roll Buffalo Chick Salad Yogurt Boat	Made to Order Pasta  Chicken & Swiss Panini  Spinach Salad Cole Slaw Turkey Club Wrap Chick Caesar Salad Yogurt Boat
Teresa Smith General Manager (609) 343-7300 Ext. 4741	<p>Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, Fresh &amp; Canned Fruit, Assorted Juice.  Lunch: \$3.00 Reduced: \$.40 Adult Lunch: \$4.75</p> <p><b>The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a></b></p>				






What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit: (you may take up to 2 servings): 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.



# Week of November 5–9, 2018

## Pre-Paid Meals Available

## Menu Subject to Change

Atlantic City. High School	Monday 11/5/2018	Tuesday 11/6/2018	Wednesday 11/7/2018	Thursday 11/8/2018	Friday 11/9/2018
	Tacos Beef or Turkey  Sweet Potato Fries	No  School	Taco Beef or Turkey  Collard Greens	No  School	No  School
  Vegetarian Option	Beef Cheeseburger on WW Bun  Cheeseburger Wrap  Hot Dog Bar On WW Bun  Egg & Cheese Omelet WG Bagel		Halal Chicken Cheese Steak WG Sub Roll  Pizza Beef Burger on WW Bun  Meatball WG Sub Roll  WG Fishwich WW Bun		
	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Hawaiian WG Pizza		Turkey Pepperoni WG Pizza  WG Cheese Pizza  Buffalo Chicken WG Pizza		
	Made to Order Deli Whole Nectarine Diced Peaches		Made to Order Deli Whole Orange Diced Pears		
	Made to Order Pasta  Ham, Cheddar & Apple Panini  Spinach Salad Parisian Carrot Salad Turkey & Cheese WG Sub Roll Chicken Caesar Salad Yogurt Boat		Made to Order Pasta  Italian Panini  Spinach Salad Broccoli Slaw Carrot Sticks Tuna Fish WG Sub Roll Chicken Caesar Salad Yogurt Boat		
Teresa Smith General Manager (609) 343–7300 Ext. 4741	<p>Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, Fresh &amp; Canned Fruit, Assorted Juice.</p> <p>Lunch: \$3.00 Reduced: \$.40 Adult Lunch: \$4.75</p> <p>The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a></p>				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit: (you may take up to 2 servings): 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.










# Week of November 12–16, 2018

## Pre-Paid Meals Available

## Menu Subject to Change

Atlantic City. High School	Monday 11/12/2018	Tuesday 11/13/2018	Wednesday 11/14/2018	Thursday 11/15/2018	Friday 11/16/2018
	No  School	WG Chicken Tenders  Corn	WG Chicken Tenders  Spinach	WG Chicken Tenders  BBQ Baked Beans	WG Chicken Tenders  Steamed Green Beans
  Vegetarian Option		Beef Hamburger on WW Bun  Beef Cheese Steak WG Sub Roll  WG Chicken Quesadilla  Grilled Cheese on Whole Wheat Bread	Beef Hamburger on WW Bun  Meatball Parm WG Sub Roll  WG Chicken Patty on WW Bun  WG Fishwich WW Bun	Beef Hamburger on WW Bun  Halal Chicken Cheese Steak WG Sub Roll  Chinese WG Popcorn Chicken Stir Fry w Brown Rice  Grilled Cheese on Whole Wheat Bread	Turkey Bacon Cheeseburger on WW Bun  WG Chicken Patty on WW Bun  Halal Jamaican Beef Patty WW Bun  Grilled Cheese & Tomato Whole Wheat Bread
		Turkey Pepperoni WG Pizza  WG Cheese Pizza  BBQ Chicken WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Taco WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Buffalo Chicken WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Meat Lovers WG Pizza
		Made to Order Deli Whole Apple Fruit Cocktail	Made to Order Deli Whole Orange Diced Pears	Made to Order Deli Whole Banana Apple Sauce Cups	Made to Order Deli Whole Pear Apple Sauce
		Made to Order Pasta  Turkey Red Pepper Panini  Spinach Salad Corny Pepper Salad Chicken Salad WG Sub Roll Chef Salad Yogurt Boat	Made to Order Pasta  Italian Panini  Spinach Salad Broccoli Slaw Carrot Sticks Tuna Fish WG Sub Roll Chicken Caesar Salad Yogurt Boat	Made to Order Pasta  Buffalo Chicken Panini  Spinach Salad Three Bean Salad Carrot Sticks Egg Salad WG Roll Buffalo Chick Salad Yogurt Boat	Made to Order Pasta  Chicken & Swiss Panini  Spinach Salad Cole Slaw Turkey Club Wrap Chicken Caesar Salad Yogurt Boat
Teresa Smith General Manager (609) 343-7300 Ext. 4741	<p>Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, Fresh &amp; Canned Fruit, Assorted Juice.</p> <p><b>Lunch: \$3.00   Reduced: \$.40   Adult Lunch: \$4.75</b></p> <p>The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a></p>				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit: (you may take up to 2 servings): 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.



Week of November 19 – 23, 2018

**Pre-Paid Meals Available**

**Menu Subject to Change**

Atlantic City. High School	Monday 11/19/2018	Tuesday 11/20/2018	Wednesday 11/21/2018	Thursday 11/22/2018	Friday 11/23/2018
	Tacos Beef or Turkey  Sweet Potato Fries	Tacos Beef or Turkey  Seasoned Peas	Tacos Beef or Turkey  Collard Greens	No  School	No  School
  Vegetarian Option	Beef Cheeseburger on WW Bun  Cheeseburger Wrap  Hot Dog Bar On WW Bun  Egg & Cheese Omelet WG Bagel	Hamburger on WW Bun  Chicken Parm Wrap  Buffalo WG Chicken Patty on WW Bun  Grilled Cheese on Whole Wheat Bread	Halal Chicken Cheese Steak WG Sub Roll  Pizza Beef Burger on WW Bun  Meatball WG Sub Roll  WG Fishwich on WW Bun		
	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Hawaiian WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese pizza  BBQ Chicken WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Buffalo Chicken WG Pizza		
	Made to Order Deli Whole Nectarine Diced Peaches	Made to Order Deli Whole Apple Fruit Cocktail	Made to Order Deli Whole Orange Diced Pears		
	Made to Order Pasta  Ham, Cheddar & Apple Panini  Spinach Salad Parisian Carrot Salad Turkey & Cheese WG Sub Roll Chicken Caesar Salad Yogurt Boat	Made to Order Pasta  Turkey Red Pepper Panini  Spinach Salad Corny Pepper Salad Chicken Salad WG Sub Roll Chef Salad Yogurt Boat	Made to Order Pasta  Italian Panini  Spinach Salad Broccoli Slaw Carrot Sticks Tuna Fish WG Sub Roll Chicken Caesar Salad Yogurt Boat		
Teresa Smith General Manager (609) 343-7300 Ext. 4741	<p>Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, Fresh &amp; Canned Fruit, Assorted Juice. Lunch: \$3.00 Reduced: \$.40 Adult Lunch: \$4.75</p> <p>The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a></p>				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit: (you may take up to 2 servings): 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.





Week of November 26-30, 2018

Pre-Paid Meals Available

Menu Subject to Change

Atlantic City. High School	Monday 11/26/2018	Tuesday 11/27/2018	Wednesday 11/28/2018	Thursday 11/29/2018	Friday 11/30/2018
	WG Chicken Tenders  Carrots	WG Chicken Tenders  Corn	WG Chicken Tenders  Spinach	WG Chicken Tenders  BBQ Baked Bean	WG Chicken Tenders  Steamed Green Beans
  Vegetarian Option	Beef Cheeseburger on WW bun  Beef Hot Dog Bar WW Bun  WG Chicken Parm Patty on WW Bun  Egg & Cheese Omelet on WG Bagel	Beef Hamburger on WW Bun  Beef Cheese Steak WG Sub Roll  WG Chicken Quesadilla  Grilled Cheese on Whole Wheat Bread	Beef Hamburger on WW Bun  Meatball Parm WG Sub Roll  WG Chicken Patty on WW Bun  WG Fishwich WW Bun	Beef Hamburger on WW Bun  Halal Chicken Cheese Steak WG Sub Roll  Chinese WG Popcorn Chicken Stir Fry w Brown Rice  Grilled Cheese on Whole Wheat Bread	Turkey Bacon Cheeseburger on WW Bun  WG Chicken Patty on WW Bun  Halal Jamaican Beef Patty  Grilled Cheese and Tomato Whole Wheat Bread
	Turkey Pepperoni WG Pizza  WG Cheese Pizza  General Tso Chicken WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese Pizza  BBQ Chicken WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Taco WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Buffalo Chicken WG Pizza	Turkey Pepperoni WG Pizza  WG Cheese Pizza  Meat Lovers WG Pizza
	Made to Order Deli Whole Nectarine Diced Peaches	Made to Order Deli Whole Apple Fruit Cocktail	Made to Order Deli Whole Orange Diced Pears	Made to Order Deli Whole Banana Apple Sauce Cups	Made to Order Deli Whole Pear Apple Sauce
	Made to Order Pasta  Ham, Cheddar & Apple Panini Spinach Salad Parisian Carrot Salad Turkey & Cheese WG Sub Roll Chicken Caesar Salad Yogurt Boat	Made to Order Pasta  Turkey Red Pepper Panini Spinach Salad Corny Pepper Salad Chicken Salad WG Sub Roll Chef Salad Yogurt Boat	Made to Order Pasta  Italian Panini Spinach Salad Broccoli Slaw Carrot Sticks Tuna Fish WG Sub Roll Chicken Caesar Salad Yogurt Boat	Made to Order Pasta  Buffalo Chicken Panini Spinach Salad Three Bean Salad Carrot Sticks Egg Salad WG Roll Buffalo Chick Salad Yogurt Boat	Made to Order Pasta  Chicken & Swiss Panini  Spinach Salad Cole Slaw Turkey Club Wrap Chick Caesar Salad Yogurt Boat
Teresa Smith General Manager (609) 343-7300 Ext. 4741	<p>Enhanced Options available daily with each Meal! Choice of Reduced Fat and Fat Free Milk, Fresh &amp; Canned Fruit, Assorted Juice.</p> <p>Lunch: \$3.00 Reduced: \$.40 Adult Lunch: \$4.75</p> <p>The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department To file a complaint of discrimination write U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9420, by fax (202) 690-7442 or email at <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a></p>				

What's a Type A Lunch? 1 Serving Protein: 1 Serving Grain: 1 Serving Fruit: (you may take up to 2 servings): 1 Serving Vegetable (you may take up to 2 servings): 1 Serving Milk. You may take all 5 components: You must take 3 components of which one MUST be 1 serving fruit or 1 serving vegetable.

