

September 2025

ACCA and CLA Menu

LUNCH MENU:

MONDAY, SEPTEMBER 1	
LABOR DAY HOLIDAY	
MONDAY, SEPTEMBER 8	
Chicken Tenders* & French Roll* Cheesy Breadsticks* & Marinara PBJ Grab Bag*	
Sides: Mashed Potatoes Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Applesauce	
TUESDAY, SEPTEMBER 2	
Crispy Chicken Bites* & French Roll* Cheese or Pepperoni Calzones* & Marinara PBJ Grab Bag*	
Sides: Herb-Roasted Potatoes Mini Carrots w/ Ranch Seasonal Fresh Fruit Mandarin Oranges	
TUESDAY, SEPTEMBER 9	
Beef Taco* Vegetable Quesadilla* PBJ Grab Bag*	
Sides: Shredded Lettuce & Salsa Refried Beans Seasonal Fresh Fruit Fruit Cup	
WEDNESDAY, SEPTEMBER 3	
Buffalo Ranch Chicken Salad Croissant* Italian (Turkey) Deli Sandwich* PBJ Grab Bag*	
Sides: Roasted Summer Squash Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Pears	
WEDNESDAY, SEPTEMBER 10	
Rotini* & Meatballs w/ Marinara & Breadstick* Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl*	
Sides: Garden Salad Mini Carrots with Ranch Seasonal Fresh Fruit Pears	
THURSDAY, SEPTEMBER 4	
Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl*	
Sides: Steamed Broccoli Garden Salad Seasonal Fresh Fruit Peaches	
THURSDAY, SEPTEMBER 11	
Oven-fried Chicken* & Yeast Roll* Macaroni* & Cheese w/ French Roll* PBJ Grab Bag*	
Sides: Corn on the Cob Garden Salad Seasonal Fresh Fruit Peaches	
FRIDAY, SEPTEMBER 5	
Crispy Chicken Sandwich* Hot Dog* PBJ Grab Bag*	
Sides: Sweet Potato Wedges Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Celebration Cookie*	
FRIDAY, SEPTEMBER 12	
Spicy Chicken Sandwich* BBQ Pork Riblet Sandwich* PBJ Grab Bag*	
Sides: Coleslaw Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie*	

Why do we Celebrate Labor Day?

- ♦ Labor Day became a federal holiday in 1894 due to the labor movement's achievements for American workers.
- ♦ At the height of the Industrial Revolution in the late 1800s, Americans worked an average of 12 hours per day, 7 days per week, and children only 5 or 6 years old worked in mills, factories, and mines for a fraction of an adult's pay.
- ♦ 10,000 workers took unpaid time off work to march in protest of these conditions on September 5, 1882, thus hosting the **first** Labor Day parade!
- ♦ Take a second to remember these brave, hard workers on your day off (Mon. Sept. 1st)!

FOLLOW US:   

Everyday Offerings

Power Bowls
PB&J Grab and Go Bags
Seasonal Fresh Fruit
Fruit of the Day @ Breakfast

Beverages

8 oz. Flavored, Non-fat Milk
8 oz. Unflavored, Low-fat and Non-fat Milk

HARVEST OF THE MONTH: APPLES

- ⇒ North Georgia is the center of the state's apple industry with more than 85% grown in Gilmer and Fannin counties.
- ⇒ Georgia's apple varieties include: Ozark Gold, Paulard, Red Delicious, Golden Delicious, Rome Beauty, Mutzu Crispin, Empire, Jonagold, Jonathan, Arkansas Black, Fuji, Granny Smith, Stayman Winesap, and Yates!

Breakfast Menu

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Sausage Biscuit* Breakfast Bun* Cereal* & PopTart*	Chicken Biscuit* Manager's Choice Yogurt & Granola*	Sausage & Cheddar Croissant* Mini Cinnis* Cereal & PopTart* Coffee Cooler Meal*	Bacon, Egg & Cheese Biscuit* Muffin* & Cheese Fruit & Yogurt Parfait*	Glazed Yeast Donut* Mini Waffles* Cereal & Crackers* Coffee Cooler Meal*
Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk	Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk	Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk	Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk	Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk

HOMEMADE APPLE BUTTER

INGREDIENTS:

4 lbs. of apples, washed, peeled, cored, & cut into 1 in. chunks
1/2 cup apple cider vinegar
1 1/4 cups granulated sugar
1 cup light brown sugar
Pinch of kosher salt
Optional items: 3 allspice berries, 2 cinnamon sticks, 1 piece of ginger (peeled & sliced), 1 star anise pod

STEPS:

1. Combine apples, vinegar, and spices (if using) in a large heavy pot. Add 4 cups of water. Bring to a simmer and reduce heat to medium-low. Cook until apples are soft and liquid is reduced by half. This step will take approximately 30-40 minutes.
2. Remove spices (if you used them). Work in batches to ladle apples into a strainer or colander. Using a ladle, wooden spoon or spatula, press apples to pass pulp through, leaving behind seeds.
3. To finish in oven. Heat oven to 300 degrees. Place apple pulp into a 9x13 baking dish, add both sugars and stir to dissolve. Bake in oven for 3 to 3 1/2 hours, stirring the mixture every 30 minutes or so. Cook until mixture is thick, glossy, and deep, golden brown in color.
4. Once the desired consistency is reached season with salt.



Pump Up Your Day with a Power Bowl

ALL BOWLS START WITH A BASE MADE FROM SPINACH, TOMATOES, AND CUCUMBER; PLUS A LITTLE SOMETHING EXTRA. DON'T MISS OUT!

Monday: Fiesta Chicken

grilled chicken breast, cheddar cheese, black beans, corn, salsa, guacamole, & tortilla chips

Tuesday: Mediterranean Chicken

grilled chicken breast, feta cheese, hummus, olives, and lemon wedges

Wednesday: Cobb Salad

deli ham & turkey breast, cheddar cheese, chopped bacon, peas, & hard-boiled egg

Thursday: Nuts & Bolts

kale, chickpeas, edamame, and toasted almonds

Friday: Manager's Choice

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ACCA and CLA Menu

LUNCH MENU:

MONDAY, SEPTEMBER 15 Buffalo Chicken Tenders* & French Roll* Cheesy Breadsticks* w/ Marinara PBJ Grab Bag* Sides: Herb-Roasted Potatoes Roasted Broccoli Carrot Sticks w/ Dip Seasonal Fresh Fruit, Mandarin Oranges	MONDAY, SEPTEMBER 22 Chicken Tenders* & French Roll* Garlic & Herb Cheesy Pull Aparts* & Marinara PBJ Grab Bag* Sides: Loaded Mashed Potatoes Green Beans Seasonal Fresh Fruit Peaches	MONDAY, SEPTEMBER 29 Crispy Chicken Bites* & French Roll* Cheese or Pepperoni Calzones* & Marinara PBJ Grab Bag* Sides: Herb-Roasted Potatoes Mini Carrots w/ Ranch Seasonal Fresh Fruit Mandarin Oranges
TUESDAY, SEPTEMBER 16 Donderos' Chicken Fajitas* Bean & Cheese Burrito* PBJ Grab Bag* Sides: Pepper & Onion Sauté Salsa, & Guacamole Charro Beans Seasonal Fresh Fruit Pineapple	TUESDAY, SEPTEMBER 23 Pork Carnitas Nachos* Bean & Cheese Pupusas* PBJ Grab Bag* Sides: Carrot Sticks w/ Ranch Spicy Black Beans Seasonal Fresh Fruit Pears	TUESDAY, SEPTEMBER 30 BBQ Pork Sandwich* Assorted Selection of Pizza* PBJ Grab Bag* Sides: Garden Salad Coleslaw Seasonal Fresh Fruit Applesauce
WEDNESDAY, SEPTEMBER 17 Asian Chicken* w/ French Roll* Mandarin Orange Chicken w/ Brown Rice* PBJ Grab Bag* Sides: Edamame Succotash Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Applesauce	WEDNESDAY, SEPTEMBER 24 Chicken Tenders* & Waffle* Yogurt, Cheese, & Freshly-baked Muffin* PBJ Grab Bag* Sides: Potato Rounds Steamed Fresh Broccoli Seasonal Fresh Fruit Fruit Cup	WEDNESDAY, OCTOBER 1 Buffalo Ranch Chicken Salad Croissant* Italian (Turkey) Deli Sandwich* PBJ Grab Bag* Sides: Quick Pickled Cucumbers Shredded Lettuce Roasted Summer Squash Seasonal Fresh Fruit Pears
THURSDAY, SEPTEMBER 18 Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl* Sides: Garden Salad Orange-glazed Carrots Seasonal Fresh Fruit Pears	THURSDAY, SEPTEMBER 25 Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl* Sides: Garden Salad Mini Carrots w/ Ranch Seasonal Fresh Fruit Fruit Salad	THURSDAY, OCTOBER 2 Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl* Sides: Steamed Broccoli Garden Salad Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit
FRIDAY, SEPTEMBER 19 Hamburger/Cheeseburger* PBJ Grab Bag* Power Bowl* Sides: Vegetable of the Day Assorted Fresh Vegetables with Dip Seasonal Fresh Fruit Craisins/Raisins	FRIDAY, SEPTEMBER 26 Hot Honey Chicken Croissant* BBQ Pork Sandwich* PBJ Grab Bag* Potato Wedges Quick Pickled Cucumbers Black-eye Pea Salsa HOTM: Apples Craisins/Raisins Freshly-baked Cookie*	FRIDAY, OCTOBER 3 Crispy Chicken Sandwich* Hot Dog* Sides: Sweet Potato Wedges Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Celebration Cookie*

Breakfast Menu

Mondays Sausage Biscuit* Breakfast Bun* Cereal* & PopTart* Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk	Tuesdays Chicken Biscuit* Manager's Choice Yogurt & Granola* Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk	Wednesdays Sausage & Cheddar Croissant* Mini Cinnis* Cereal & PopTart* Coffee Cooler Meal* Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk	Thursdays Bacon, Egg & Cheese Biscuit* Muffin* & Cheese Fruit & Yogurt Parfait* Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk	Fridays Glazed Yeast Donut* Mini Waffles* Cereal & Crackers* Coffee Cooler Meal* Sides: Seasonal Fresh Fruit 100% Juice Choice of Milk
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Fruit of the Day @ Breakfast

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