MIDDLE
SEPTEMBER 2019

DeKalb County School District
School Nutrition Services

This institution is an equal opportunity provider. Menus are subject to change.

AVAILABLE DAILY

Choice of Milk with Every Meal
Chef Salads
Sub Plates
Vegetarian Entrée
Fresh Fruit
A la Carte

9/11/2001◆We Remember

★ Our Nation's History ★

Christa McAuliffe was a high school teacher in New Hampshire when she was chosen from more than 11,000 applicants to be the first teacher in space. She, along with six other crew members, was killed when the Space Shuttle Challenger broke apart soon after taking off on January 28, 1986. She had taught Social Studies and even designed a class for her students called "The American Woman." Christa was born on September 2, 1948 and would have been 70 years old this month.

★ With Liberty & Justice for All ★

HAPPY LABOR DAY!

Try not to be BLUE about Summer's end – enjoy the last sweet days of the season BERRY much!

Tuesday, September 3

Main Course
Nashville Hot Chicken with Texas Toast
Fish Fillet Sandwich
Pairings (3-4)
Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers
Garden Vegetarian Chef Salad V
Fresh Turkey Sub Plate

Wednesday, September 4

Main Course
Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich
Pairings (3-4)
Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Club Sub Plate

Thursday, September 5

Main Course
Chutney Chicken over Basmati Rice with Flatbread
Wild Mike's Cheese Pizza
Pairings (3-4)
Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Humming Bird Salad
Turkey Sub Plate

Friday, September 6

Main Course
Roasted Chicken Wings with Roll
Grilled Cheese
Pairings (3-4)
Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Turkey & Cheese Sub Plate

Monday, September 9

Main Course
Smoked Texas Turkey BBQ Sandwich
Cheese Dippers with Salsa V

Pairings (3-4)
Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey & Cheese Club Sub

Tuesday, September 10

Main Course
Lemon Grass Chicken with Brown Rice
Fish Filet Sandwich
Pairings (3-4)
Spinach Salad
Garden Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit
Movers & Shakers
Fruit & Yogurt Plate V
Fresh Turkey Sub Plate

Delectables
Warm Oatmeal Cookie

Wednesday, September 11

National Day of Service & Remembrance
Main Course
Mesquite Chicken with Roll
Garden Veggie Burger v

Pairings (3-4)
Mexicali Corn
Collard Greens
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Fresh Club Sub Plate

With: Welch's Slush

Thursday, September 12

Main Course
Turkey Croissant with Turkey Bacon, Lettuce & Tomato
Breaded Beef Steak/Gravy/Roll

Pairings (3-4)
Mashed Potatoes Deluxe
Italian Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers
Charbroiled Chicken Chef Salad
Mediterranean Veggie Plate

Friday, September 13

Main Course
Shrimp & Fish Basket with Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza

Pairings (3-4)
Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey Sub Plate

Monday, September 16

Main Course
Batter Up Franks
Hamburger Deluxe
Pairings (3-4)
Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Seasonal Fresh Fruit
Movers & Shakers
Fruit & Yogurt Plate V
Turkey Sub Plate
Delectables
Warm Chocolate Chip Cookie

Tuesday, September 17

Main Course
Nashville Hot Chicken with Texas Toast
Fish Fillet Sandwich
Pairings (3-4)
Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers
Garden Vegetarian Chef Salad V
Fresh Turkey Sub Plate

Wednesday, September 18

Main Course
Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich
Meatball Sub
Pairings (3-4)
Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Club Sub Plate

Thursday, September 19

Main Course
Chutney Chicken over Basmati Rice
with Flatbread
Wild Mike's Cheese Pizza
Pairings (3-4)
Mixed Green Salad
Roasted Corn
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Humming Bird Salad
Turkey Sub Plate

Friday, September 20

Grandparents Day Celebration
Main Course
Fried Chicken/Roll
Meatloaf/Roll
Pairings (3-4)
Power Kale Salad
Roasted Squash
Chilled Pears
Assorted Seasonal Fruit
Movers & Shakers
Vegetarian Chef Salad

With Macaroni & Cheese

Delectables
Peach Cobbler

Monday, September 23

Main Course
Smoked Texas Rodeo Turkey
BBQ Sandwich
Cheese Dippers with Salsa V

Pairings (3-4)
Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey & Cheese Club Sub

Tuesday, September 24

Main Course
Lemon Grass Chicken with
Panda Fried Rice
Fish Filet Sandwich

Pairings (3-4)
Spinach Salad
Garden Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit
Movers & Shakers
Fruit & Yogurt Plate V
Fresh Turkey Sub Plate

Delectables
Warm Oatmeal Cookie

Wednesday, September 25

Main Course
Mesquite Chicken with Roll
Garden Veggie Burger **V**

Pairings (3-4)
Mexicali Corn
Collard Greens
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Fresh Club Sub Plate

Thursday, September 26

Main Course
Turkey Croissant with Turkey
Bacon, Lettuce & Tomato
Breaded Beef Steak/Gravy/Roll

Pairings (3-4)
Mashed Potatoes Deluxe
Cucumbers & Tomatoes
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers
Charbroiled Chicken Chef Salad
Mediterranean Veggie Plate

Harvest of the Month

Friday, September 27

Main Course
Shrimp & Fish Basket with
Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza

Pairings (3-4)
Lemon Kissed Kale
Roasted Carrots
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey Sub Plate

Monday, September 30

Main Course
Batter Up Franks
Hamburger Deluxe
Pairings (3-4)
Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Seasonal Fresh Fruit
Movers & Shakers
Fruit & Yogurt Plate V
Turkey Sub Plate
Delectables
Warm Chocolate Chip Cookie

Tuesday, October 1

Main Course
Nashville Hot Chicken with Texas Toast
Fish Fillet Sandwich
Pairings (3-4)
Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers
Garden Vegetarian Chef Salad V
Fresh Turkey Sub Plate

Wednesday, October 2

Main Course
Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich
Pairings (3-4)
Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Club Sub Plate

Thursday, October 3

Main Course
Chutney Chicken with Basmati
Rice & Flatbread
Wild Mike's Cheese Pizza
Pairings (3-4)
Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Humming Bird Salad
Turkey Sub Plate

Friday, October 4

Main Course
Roasted Chicken Wings with Roll
Grilled Cheese
Pairings (3-4)
Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Turkey & Cheese Sub Plate

Cucumbers & Tomatoes

Harvest of the Month
September 26, 2019

Tomatoes are an excellent source of vitamin C and other antioxidants.

Cucumbers are low in calories and are a good source of vitamin K and B vitamins..