

HIGH SCHOOL AUGUST 2019

DeKalb County School District

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



The original value meal & still a fantastic deal!

Breakfast	Lunch
\$1.65	\$2.85

Monday, August 5

Main Course

NEW Surf & Turf Basket with Cornbread
Wild Mike's Cheese Pizza **V**
Spicy Chicken Sandwich

Pairings (3-4)

Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Turkey & Cheese Sub Plate

Tuesday, August 6

Main Course

Spicy Popcorn Chicken with Texas Toast
Grilled Cheese **V**
Wild Mike's Pepperoni Pizza

Pairings (3-4)

NEW Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers

Garden Vegetarian Chef Salad **V**
Fresh Turkey Sub Plate

Wednesday, August 7

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

Charbroiled Chicken Chef Salad
Club Sub Plate

Thursday, August 8

Main Course

NEW Chutney Chicken over Basmati
Rice with Flatbread
Beef Batter Up Franks
Spinach Queso with Flatbread

Pairings (3-4)

NEW Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers

NEW Humming Bird Salad
Turkey Sub Plate

Friday, August 9

Main Course

Roasted Chicken Wings with Roll
Hamburger Deluxe
French Bread Pizza **V**

Pairings (3-4)

Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad **V**
Turkey Sub Plate

Delectables

Warm Chocolate Chip Cookie

Get in touch with us today to learn more about free and reduced-price meals in our district:
www.dekalschoosga.org/school-nutrition

Monday, August 12

Main Course

NEW Smoked Texas Rodeo Turkey
BBQ Sandwich
Cheese Dippers with Salsa **V**
Spicy Popcorn Chicken/Roll

Pairings (3-4)

Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey & Cheese Club Sub

Tuesday, August 13

Main Course

NEW Lemon Grass Chicken with Panda Fried Rice
Fish Filet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)

NEW 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, August 14

Main Course

NEW Mesquite Chicken with Roll
Garden Veggie Burger **V**
NEW Meatloaf with Roll

Pairings (3-4)

Mexicali Corn
Collard Greens
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Fresh Club Sub Plate

Thursday, August 15

Main Course

NEW Turkey Croissant with Turkey
Bacon, Lettuce & Tomato
Breaded Beef Steak/Gravy/Roll
Chicken Breast Tenders with Roll

Pairings (3-4)

Mashed Potatoes Deluxe
Italian Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

NEW Charbroiled Chicken Chef Salad
Mediterranean Veggie Plate

Friday, August 16

Main Course

NEW Shrimp & Fish Basket with Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza
Chicken Filet Sandwich

Pairings (3-4)

NEW Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey Sub Plate

DON'T GET!

To make a lunch, choose at least one



or



and 3-5 items total

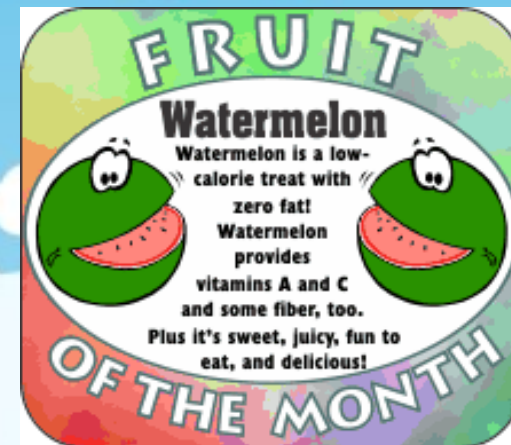
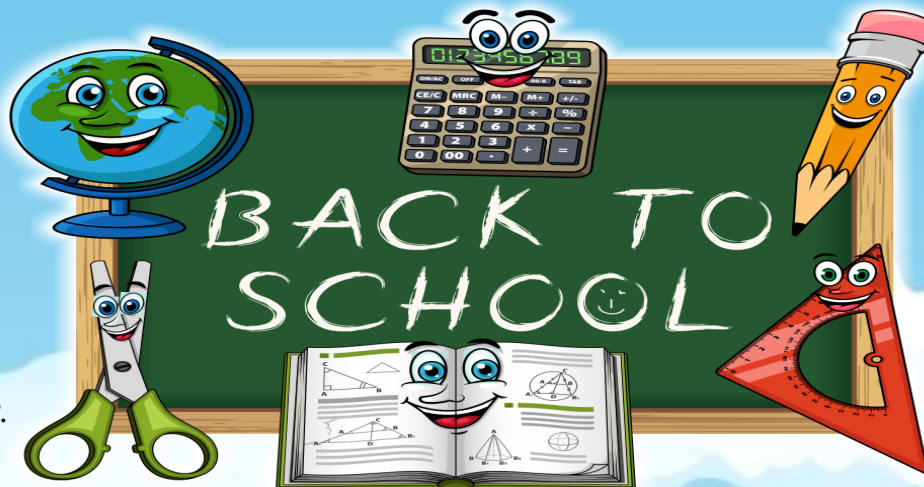


* Milk available with every meal *

HIGH AUGUST 2019

DeKalb County School District Nutrition Services

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Monday, August 19

Roasted Chicken Wings/Roll
Hamburger Deluxe
French Bread Pizza **V**

Pairings (3-4)

Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad **V**
Turkey Sub Plate

Delectables

Warm Chocolate Chip Cookie

Tuesday, August 20

Main Course

Nashville Chicken with Texas
Toast
Grilled Cheese **V**
Wild Mike's Pepperoni Pizza

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, August 21

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

Charbroiled Chicken Chef Salad
Club Sub Plate

Thursday, August 22

Main Course

Chutney Chicken over Basmati
Rice with Flatbread
Beef Batter Up Franks
Spinach Queso with Tortilla
Basket **V**

Pairings (3-4)

Power Kale Salad
Roasted Corn
Chilled Fruit Medley
 Fresh Watermelon

Movers & Shakers

Humming Bird Salad
Turkey Sub Plate

Friday, August 23

Main Course

Surf & Turf Basket with
Cornbread
Wild Mike's Cheese Pizza **V**
Spicy Chicken Sandwich

Pairings (3-4)

Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Turkey & Cheese Sub Plate

Available Daily

Fresh Fruit Assortment
Sub Sandwich
Chef Salad
Vegetarian Options
Vegetables
A la Carte

*** Milk Available With Every Meal ***

Monday, August 26

Main Course

Smoked Texas Rodeo Turkey BBQ
Sandwich
Cheese Dippers with Salsa **V**
Spicy Popcorn Chicken/Roll

Pairings (2-3)

Creamy Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey & Cheese Club Sub

Tuesday, August 27

Main Course

Lemon Grass Chicken with
Panda Fried Rice
Fish Filet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (2-3)

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, August 28

Main Course

Mesquite Chicken with Roll
Garden Veggie Burger **V**
Meatloaf with Roll

Pairings (2-3)

Mexicali Corn
Collard Greens
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Fresh Club Sub Plate

Thursday, August 29

Main Course

Turkey Croissant with Turkey Bacon,
Lettuce & Tomato
Breaded Beef Steak/Gravy/Roll
Chicken Breast Tenders with Roll

Pairings (2-3)

Mashed Potatoes Deluxe
Italian Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Chef Salad
Mediterranean Veggie Plate

Friday, August 30

Main Course

Shrimp & Fish Basket with
Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza **V**
Chicken Filet Sandwich

Pairings (2-3)

Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey Sub Plate

