

DeKalb County School District

# High Lunch NOVEMBER 2019

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

## TURKEY TROT.

Thanksgiving dinner can add up to 4500 calories in one sitting! But you don't have to just sit there. If we all made a point to take a vigorous walk (or trot!) before and/or after the big meal, we could offset some of those holiday calories – and enjoy some fresh air, too!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Friday, November 1

### Main Course

Roasted Chicken Wings with Roll  
Grilled Cheese  
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

## WILD CHILD

The majestic wild turkey is nothing like its barnyard cousin on the Thanksgiving table. The wild ones can run 25 miles an hour and can fly at 50+. They sleep in trees, and the big males have been known to chase off humans who get too close. Wild turkeys prefer to eat nuts, seeds, and berries – but they'll also consume insects, frogs, lizards, and snakes.



ANIMAL APPETITES

Milk Available with All Meals.

Monday, November 5

### Main Course

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, November 6

Professional Learning Day



Wed., November 7

### Main Course

Mesquite Chicken with Roll  
Garden Veggie Burger v  
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, November 8

### Main Course

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

### Pairings (3-4)

Mashed Potatoes Deluxe  
**Zucchini & Basil**  
Cinnamon Applesauce  
Seasonal Fresh Fruit

### Movers & Shakers

Charbroiled Chicken Chef Salad  
Mediterranean Veggie Plate

Friday, November 9

### Main Course

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

### Pairings (3-4)

Lemon Kissed Kale  
Roasted Carrots  
Chilled Pears  
Seasonal Fresh Fruit

### Movers & Shakers

Chicken Strip Chef Salad  
Fresh Turkey Sub Plate

Monday, November 11

### Main Course

Batter Up Franks  
Cheeseburger Deluxe  
French Bread Pizza V  
**Pairings (3-4)**  
Lettuce/Tomato/Pickle  
Golden Crinkle Fries  
Mandarin Oranges  
Seasonal Fresh Fruit

### Movers & Shakers

Fruit & Yogurt Plate v  
Turkey Sub Plate

Tuesday, November 12

### Main Course

Nashville Hot Chicken with Texas Toast  
Fish Fillet Sandwich  
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

Wed., November 13

### 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

### Delectables

Warm Chocolate Chip Cookie

Thursday, November 14

### Main Course

BBQ Chicken with Roll  
Wild Mike's Cheese Pizza  
Spinach Queso with Flatbread  
**Pairings (3-4)**  
Power Kale Salad  
Roasted Corn  
Chilled Fruit Medley  
Seasonal Fresh Fruit

### Movers & Shakers

Humming Bird Salad  
Fresh Turkey Sub Plate

Friday, November 15

### Main Course

Surf & Turf with Cornbread  
Grilled Cheese  
Spicy Chicken Sandwich  
**Pairings (3-4)**  
Garden Green Salad  
Steamed Broccoli  
Chilled Peaches  
Seasonal Fresh Fruit

### Movers & Shakers

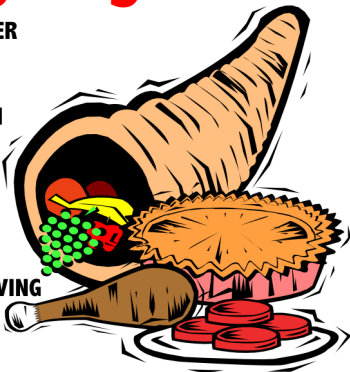
Chicken Strip Chef Salad  
Turkey & Cheese Sub Plate





**Find the two dozen Thanksgiving words!**

AMERICA	MAYFLOWER
COLONY	PIE
COOK	PILGRIMS
CORN	PLYMOUTH
ENGLAND	PUMPKIN
FALL	SAIL
FAMILY	SETTLERS
FEAST	SQUASH
FREEDOM	STUFFING
GRAVY	THANKSGIVING
HARVEST	TURKEY
MAIZE	YAMS



S M K E Y D E Z I A M C N N  
P U M P K I N G G K A O G Z  
M C M R G L G M C O L O N Y  
O M O C R H L F F T T K I X  
B I D S Q U A S H S E D V P  
A S E C O R N M A E A D I I  
J E E I P A D E E V G W G L  
E N R T I L F M Y R N J S G  
O O F M T K Y E S A I L K R  
O C D R G L K M E H F C N I  
L I I P I R E W O L F Y A M  
B S G M U L A R B U U W H S  
Z F A T P O D V S I T U T A  
J F A L L S M A Y H S H Z B

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, November 18	Tuesday, November 19	Wed., November 20	Thursday, November 21	Friday, November 22
<b>Main Course</b> Smoked Texas Rodeo Turkey BBQ Sandwich Cheese Dippers with Salsa V Spicy Popcorn Chicken/Roll	<b>Main Course</b> Lemon Grass Chicken with Rice Fish Filet Sandwich Wild Mike's Pepperoni Pizza	<b>Main Course</b> Mesquite Chicken with Roll Garden Veggie Burger v Meatloaf with Roll	<b>Main Course</b> Roast Turkey Holiday Ham (Pork)	<b>Main Course</b> Shrimp & Fish Basket with Macaroni & Cheese & Cornbread Wild Mike's Cheese Pizza Chicken Filet Sandwich
<b>Pairings (3-4)</b> Coleslaw Baked Beans Chilled Mandarin Oranges Seasonal Fresh Fruit	<b>Pairings (3-4)</b> Spinach Salad Baked Sweet Potato Chilled Fruit Medley Seasonal Fresh Fruit	<b>Pairings (3-4)</b> Mexicali Corn Collard Greens Chilled Peaches Seasonal Fresh Fruit	<b>Pairings (3-4)</b> Cornbread Dressing Sweet Potato Salad Green Beans Fruit Medley Seasonal Fresh Fruit	<b>Pairings (3-4)</b> Lemon Kissed Kale Roasted Carrots Chilled Pears Seasonal Fresh Fruit
<b>Movers &amp; Shakers</b> Chicken Strip Chef Salad Fresh Turkey & Cheese Club Sub	<b>Movers &amp; Shakers</b> Fruit & Yogurt Plate V Fresh Turkey Sub Plate	<b>Movers &amp; Shakers</b> Fajita Chicken Chef Salad Fresh Club Sub Plate	<b>Movers &amp; Shakers</b> Fruit & Yogurt Plate V	<b>Movers &amp; Shakers</b> Chicken Strip Chef Salad Fresh Turkey Sub Plate
	<b>Delectables</b> Dick & Jane Cookies		<b>Served With</b> WG Roll Cranberry Sauce Holiday Cupcake	

**NUTRITION TO GO**

Some people blame the sleepiness they feel after Thanksgiving dinner on the turkey, which does contain a natural sedative known as tryptophan. But beef and chicken contain this substance, too. Post-meal drowsiness on Thanksgiving is caused by eating an unusually large, multi-course meal, NOT just by the turkey!

**A QUICK BITE FOR PARENTS**

