

HIGH SEPTEMBER 2019

DeKalb County School District
School Nutrition Services

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

★ 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!

AVAILABLE DAILY

Choice of Milk with all Meals
Chef Salads
Vegetarian Entrée
Fresh Fruit
A la Carte



9/11/2001 ♦ We Remember

Tuesday, September 3

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

Wednesday, September 4

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 5

Main Course
Chutney Chicken over Basmati Rice
with Flatbread
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
Turkey Sub Plate

Friday, September 6

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

Monday, September 9

Main Course
Smoked Texas 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, September 10

Main Course
Lemon Grass Chicken with
Brown Rice
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza
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
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, September 12

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
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
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, September 16**Main Course**

Batter Up Franks
Hamburger 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

Delectables

Warm Chocolate Chip Cookie

Tuesday, September 17**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

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
Spinach Queso with Flatbread

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)

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
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, September 24**Main Course**

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

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
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, September 26**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
Cucumber & Tomato Salad
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Chef Salad
Mediterranean Veggie Plate

Friday, September 27**Main Course**

Shrimp & Fish Basket with
Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza
Chicken Fillet 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, September 30****Main Course**

Batter Up Franks
Hamburger 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

Delectables

Warm Chocolate Chip Cookie

Tuesday, October 1**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

Wednesday, October 2**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, October 3**Main Course**

Chutney Chicken over Basmati Rice
with Flatbread
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
Turkey Sub Plate

Friday, October 4**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

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.