

DeKalb School District

menus for

**APRIL**  
**2021**

**Thursday, April 1**

**Breakfast Grab N Go**  
Chicken Biscuit  
Mixed Fruit Juice & Fresh Apple

**Lunch Grab N Go (Hot)**  
Breaded Beef with Bun  
Garden Salad  
Baked Beans  
Cinnamon Applesauce

**Lunch Grab N Go (Cold)**  
Mixed Cheese Chef Salad

**Snack**  
Strawberry Nutra-Grain Bar  
Apple splash

**Friday, April 2**

**Breakfast Grab N Go**  
Reduced Sugar Frosted Flakes  
Graham Gold Fish  
Orange Tangerine Juice & Fruit Cocktail

**Lunch Grab N Go (Hot)**  
Big Mike's Pepperoni Pizza  
Steamed Broccoli  
Whole Kernel Corn  
Diced Peaches

**Lunch Grab N Go (Cold)**  
Sun butter & Jelly Plate  
**Lunch Extras**  
Fruit Punch Juice

**Snack**  
Cheddar Goldfish & Apple Splash

Watch the winter melt away!

**Spring Break!**

Break begins at the end of classes:

**Friday, April 2**

Classes resume:

**Monday, April 12**

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**Breakfast Grab N Go**  
Reduced Sugar Fruit Loops /Graham Crackers  
Orange Tangerine Juice & Fresh Gala Apple

**Lunch Grab N Go (Hot)**  
French Bread Pizza  
Green Beans  
Whole Kernel Corn  
Mandarin Oranges

**Lunch Grab N Go (Cold)**  
Fruit & Yogurt Grab N Go

**Lunch Extras**  
Assorted Juice

**Tuesday, April 13**

**Breakfast Grab N Go**  
Turkey Sausage Biscuit  
Mixed Fruit Juice & Diced Apricots

**Lunch Grab N Go (Hot)**  
Chicken Tenders with Roll  
Broccoli  
Peppered Sliced Carrots  
Applesauce

**Lunch Grab N Go (Cold)**  
Sun butter & Jelly Plate

**Wednesday, April 14**

**Curbside Breakfast Grab N Go**  
Frosted Mini Wheats /Biscuit  
Apple Juice & Banana

**Curbside Lunch**  
Roasted Chicken Wings / Texas Toast  
Glazed Sweet Potatoes  
Celery Sticks/Ranch  
Pretzels  
Pineapple Tidbits  
Mixed Berry Juice  
Choice of Milk

**Lunch Grab N Go (Cold)**  
Fruit & Yogurt Grab N Go

**Thursday, April 15**

**Breakfast Grab N Go**  
Chicken Biscuit  
Orange Tangerine Juice & Fresh Apple

**Lunch Grab N Go (Hot)**  
Turkey BLT On Croissant  
Golden Crinkle Fries  
Kale Salad  
Apricots

**Lunch Grab N Go (Cold)**  
Vegetarian Chef Salad

**Friday, April 16**

**Breakfast Grab N Go**  
Frosted Flakes & Graham Gold Fish  
Mixed Fruit Juice & Fruit Cocktail

**Lunch Grab N Go**  
BBQ Chicken /Roll  
Garden Salad & Baked Beans  
Diced Peaches

**Lunch Grab N Go (Cold)**  
Mixed Cheese Chef Salad

**Lunch Extras**  
Assorted Juice

**Snack**

<b>Monday, April 19</b> <b>Breakfast Grab N Go</b> Reduced Sugar Fruit Loops & Graham Crackers Orange Juice & Fresh Gala Apple <b>Lunch Grab N Go (Hot)</b> Cheese Dippers with Salsa Cucumber Salad Fresh Apple <b>Lunch Grab N Go (Cold)</b> Southwestern Wrap <b>Lunch Extras</b> Assorted Juice <b>Snack</b> Snack Mix Apple Splash	<b>Tuesday, April 20</b> <b>Breakfast Grab N Go</b> Turkey Sausage Biscuit Apple Juice & Diced Peaches <b>Lunch Grab N Go (Hot)</b> Grilled Chicken Sandwich Roasted Sweet Potatoes Spinach Salad Fresh Pear <b>Lunch Grab N Go (Cold)</b> Vegetarian Salad <b>Snack</b> Fun Fitness Crax Fruit Dive	<b>Wednesday, April 21</b> <b>Breakfast Grab N Go</b> Frosted Flakes & Graham Gold Fish Orange Juice & Banana <b>Lunch Grab N Go (Curbside)</b> Roasted Chicken Wings w/Roll Mexicali Corn Collard Greens Fresh Banana Assorted Juice <b>Lunch Grab N Go (Cold)</b> Fruit & Yogurt Grab N Go <b>Snack</b> Sun Chips Apple Splash	<b>Thursday, April 22</b> <b>Breakfast Grab N Go</b> Chicken Biscuit Mixed Fruit Juice & Fresh Apple <b>Lunch Grab N Go (Hot)</b> Breaded Beef with Bun Garden Salad Baked Beans Cinnamon Applesauce <b>Lunch Grab N Go (Cold)</b> Mixed Cheese Chef Salad <b>Snack</b> Strawberry Nutra-Grain Bar Apple splash	<b>Friday, April 23</b> <b>Breakfast Grab N Go</b> Reduced Sugar Frosted Flakes Graham Gold Fish Orange Tangerine Juice & Fruit Cocktail <b>Lunch Grab N Go (Hot)</b> Big Mike's Pepperoni Pizza Steamed Broccoli Whole Kernel Corn Diced Peaches <b>Lunch Grab N Go (Cold)</b> Sun butter & Jelly Plate <b>Lunch Extras</b> Fruit Punch Juice <b>Snack</b> Cheddar Goldfish & Apple Splash
<b>Monday, April 26</b> <b>Breakfast Grab N Go</b> Reduced Sugar Fruit Loops /Graham Crackers Orange Tangerine Juice & Fresh Gala Apple <b>Lunch Grab N Go (Hot)</b> French Bread Pizza Green Beans Whole Kernel Corn Mandarin Oranges <b>Lunch Grab N Go (Cold)</b> Fruit & Yogurt Grab N Go <b>Lunch Extras</b> Assorted Juice <b>Snack</b> Snack Mix & Fruit Dive	<b>Tuesday, April 27</b> <b>Breakfast Grab N Go</b> Turkey Sausage Biscuit Mixed Fruit Juice & Diced Apricots <b>Lunch Grab N Go (Hot)</b> Chicken Tenders with Roll Broccoli Peppered Sliced Carrots Applesauce <b>Lunch Grab N Go (Cold)</b> Sun butter & Jelly Plate <b>Snack</b> Cinnamon Goldfish & Apple Splash	<b>Wednesday, April 28</b> <b>Curbside Breakfast Grab N Go</b> Frosted Mini Wheats /Biscuit Apple Juice & Banana <b>Curbside Lunch</b> Roasted Chicken Wings / Texas Toast Glazed Sweet Potatoes Celery Sticks/Ranch Pretzels Pineapple Tidbits Mixed Berry Juice Choice of Milk <b>Lunch Grab N Go (Cold)</b> Fruit & Yogurt Grab N Go <b>Curbside Snack</b> Sunflower Seeds & Fruit Dive	<b>Thursday, April 29</b> <b>Breakfast Grab N Go</b> Chicken Biscuit Orange Tangerine Juice & Fresh Apple <b>Lunch Grab N Go (Hot)</b> Turkey BLT On Croissant Kale Salad Apricots <b>Lunch Grab N Go (Cold)</b> Vegetarian Chef Salad <b>Snack</b> Strawberry Nutra-grain & Apple Splash	<b>Friday, April 30</b> <b>Breakfast Grab N Go</b> Frosted Flakes & Graham Gold Fish Mixed Fruit Juice & Fruit Cocktail <b>Lunch Grab N Go</b> BBQ Chicken /Roll Garden Salad & Baked Beans Diced Peaches <b>Lunch Grab N Go (Cold)</b> Mixed Cheese Chef Salad <b>Lunch Extras</b> Assorted Juice <b>Snack</b> Cheez-its and Fruit Dive

# Earth Day April 22



## Keep it clean



## NUTRITION TO GO

Try to get in the habit of checking the labels on convenience foods marketed to kids. One dinner from a popular brand (containing chicken nuggets, mac and cheese, corn, and a dessert) contains all kinds of additives and chemicals, 9 grams of added sugar, and more than half a day's worth of sodium.

### A QUICK BITE FOR PARENTS