### DeKalb County School District

#### Middle School

**APRIL 2021**

**Break begins at the end of classes:**
- **Friday, April 2**
  - Classes resume: **Monday, April 12**

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

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

### Lunch Extras
- **Assorted Juice**

### Snack
- **Strawberry Nuts - Grain & Apple Splash**

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**Curbside Snack**
- **Sunflower Seeds & Fruit Dive**

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

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

### Lunch extras
- **Mandarin Oranges**

### Snack
- **Cheddar Goldfish & Apple Splash**

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

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**Breakfast Grab N Go**
- **Frosted Flakes & Graham Goldfish**
- **Milk**

### Lunch Grab N Go (Cold)
- **BBQ Chicken / Roll**
- **Garden Salad & Baked Beans**
- **Diced Peaches**

### Lunch Extras
- **Assorted Juice**

### Snack
- **Cheez-its and Fruit Dive**

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

### Choice of Milk

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

### Lunch Grab N Go (Cold)
- **Sun butter & Jelly Plate**
- **Lunch Extras**
- **Assorted Juice**

### Snack
- **Strawberry Nuts - Grain & Apple Splash**

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*Watch the winter melt away! Spring Break!*
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast Grab N Go</th>
<th>Lunch Grab N Go (Hot)</th>
<th>Lunch Grab N Go (Cold)</th>
<th>Lunch Extras</th>
<th>Snack</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday, April 19</strong></td>
<td>Reduced Sugar Fruit Loops &amp; Graham Crackers</td>
<td>Cheese Dippers with Salsa</td>
<td>Southwestern Wrap</td>
<td>Assorted Juice</td>
<td>Snack Mix &amp; Apple Splash</td>
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<tr>
<td></td>
<td>Orange Juice &amp; Fresh Gala Apple</td>
<td>Cucumber Salad</td>
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<tr>
<td><strong>Tuesday, April 20</strong></td>
<td>Breakfast Grab N Go</td>
<td>Lunch Grab N Go (Hot)</td>
<td>Lunch Grab N Go (Cold)</td>
<td>Assorted Juice</td>
<td>Snack Mix &amp; Fruit Dive</td>
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<tr>
<td></td>
<td>Turkey Sausage Biscuit</td>
<td>Grilled Chicken Sandwich</td>
<td>Southwestern Wrap</td>
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<tr>
<td></td>
<td>Apple Juice &amp; Diced Peaches</td>
<td>Roasted Sweet Potatoes</td>
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<td>Spinach Salad</td>
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<td>Fresh Pear</td>
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<td>Lunch Grab N Go (Cold)</td>
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<tr>
<td><strong>Wednesday, April 21</strong></td>
<td>Breakfast Grab N Go</td>
<td>Lunch Grab N Go (Hot)</td>
<td>Lunch Grab N Go (Cold)</td>
<td>Assorted Juice</td>
<td>Snack Mix &amp; Apple Splash</td>
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<tr>
<td></td>
<td>Frosted Flakes &amp; Graham Gold Fish</td>
<td>Roasted Chicken Wings w/Roll</td>
<td>Lunch Grab N Go (Cold)</td>
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<tr>
<td></td>
<td>Orange Juice &amp; Banana</td>
<td>Pork Chops</td>
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<td>Cabbage Greens</td>
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<td>Fresh Banana</td>
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<td></td>
<td>Assorted Juice</td>
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<td><strong>Thursday, April 22</strong></td>
<td>Breakfast Grab N Go</td>
<td>Lunch Grab N Go (Hot)</td>
<td>Lunch Grab N Go (Cold)</td>
<td>Assorted Juice</td>
<td>Snack Mix &amp; Fruit Dive</td>
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<td>Frosted Flakes &amp; Graham Gold Fish</td>
<td>Roasted Beef with Bun</td>
<td>Lunch Grab N Go (Cold)</td>
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<td>Orange Juice &amp; Fresh Apple</td>
<td>Garden Salad</td>
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<td>Baked Beans</td>
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<td>Cinnamon Applesauce</td>
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<td>Lunch Extras</td>
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<tr>
<td><strong>Friday, April 23</strong></td>
<td>Breakfast Grab N Go</td>
<td>Lunch Grab N Go (Hot)</td>
<td>Lunch Grab N Go (Cold)</td>
<td>Assorted Juice</td>
<td>Snack Mix &amp; Fruit Dive</td>
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<tr>
<td></td>
<td>Reduced Sugar Frosted Flakes &amp; Graham</td>
<td>Big Mike’s Pepperoni Pizza</td>
<td>Lunch Grab N Go (Cold)</td>
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<td></td>
<td>Gold Fish</td>
<td>Steamed Broccoli</td>
<td>Lunch Extras</td>
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<td>Whole Kernel Corn</td>
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<td>Diced Peaches</td>
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**April 22 is the “birthday” of Earth Day. The first was held in 1970!**

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**NUTRITION TOGO**

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**