

DeKalb County School District

Middle School

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
Lunch Extras
Assorted Juice

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

Monday, April 12

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

Snack
Snack Mix & Fruit Dive

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
Lunch Extras
Assorted Juice

Snack
Cinnamon Goldfish & Apple Splash

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

Curbside Snack
Sunflower Seeds & Fruit Dive

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

Lunch Extras
Assorted Juice

Snack
Strawberry Nutra-Grain & Apple Splash

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
Cheez-its and Fruit Dive

Monday, April 19	Tuesday, April 20	Wednesday, April 21	Thursday, April 22	Friday, April 23
Breakfast Grab N Go Reduced Sugar Fruit Loops & Graham Crackers Orange Juice & Fresh Gala Apple	Breakfast Grab N Go Turkey Sausage Biscuit Apple Juice & Diced Peaches	Breakfast Grab N Go Frosted Flakes & Graham Gold Fish Orange Juice & Banana	Breakfast Grab N Go Chicken Biscuit Mixed Fruit Juice & Fresh Apple	Breakfast Grab N Go Reduced Sugar Frosted Flakes Graham Gold Fish Orange Tangerine Juice & Fruit Cocktail
Lunch Grab N Go (Hot) Cheese Dippers with Salsa Cucumber Salad Fresh Apple	Lunch Grab N Go (Hot) Grilled Chicken Sandwich Roasted Sweet Potatoes Spinach Salad Fresh Pear	Lunch Grab N Go (Curbside) Roasted Chicken Wings w/Roll Mexicali Corn Collard Greens Fresh Banana Assorted Juice	Lunch Grab N Go (Hot) Breaded Beef with Bun Garden Salad Baked Beans Cinnamon Applesauce	Lunch Grab N Go (Hot) Big Mike's Pepperoni Pizza Steamed Broccoli Whole Kernel Corn Diced Peaches
Lunch Grab N Go (Cold) Southwestern Wrap	Lunch Grab N Go (Cold) Vegetarian Salad	Lunch Grab N Go (Cold) Fruit & Yogurt Grab N Go	Lunch Grab N Go (Cold) Mixed Cheese Chef Salad Lunch Extras Assorted Juice	Lunch Grab N Go (Cold) Sun butter & Jelly Plate Lunch Extras Fruit Punch Juice
Lunch Extras Assorted Juice	Lunch Extras Assorted Juice			
Snack Snack Mix & Apple Splash	Snack Fun Fitness Crackers & Fruit Dive	Snack Sun Chips & Apple Splash	Snack Strawberry Nutra-Grain Bar & Apple splash	Snack Cheddar Goldfish & Apple Splash

Monday, April 26	Tuesday, April 27	Wednesday, April 28	Thursday, April 29	Friday, April 30
Breakfast Grab N Go Reduced Sugar Fruit Loops /Graham Crackers Orange Tangerine Juice & Fresh Gala Apple	Breakfast Grab N Go Turkey Sausage Biscuit Mixed Fruit Juice & Diced Apricots	Curbside Breakfast Grab N Go Frosted Mini Wheats /Biscuit Apple Juice & Banana	Breakfast Grab N Go Chicken Biscuit Orange Tangerine Juice & Fresh Apple	Breakfast Grab N Go Frosted Flakes & Graham Gold Fish Mixed Fruit Juice & Fruit Cocktail
Lunch Grab N Go (Hot) French Bread Pizza Green Beans Whole Kernel Corn Mandarin Oranges	Lunch Grab N Go (Hot) Chicken Tenders with Roll Broccoli Peppered Sliced Carrots Applesauce	Curbside Lunch Roasted Chicken Wings / Texas Toast Glazed Sweet Potatoes Celery Sticks/Ranch Pretzels	Lunch Grab N Go (Hot) Turkey BLT On Croissant Golden Crinkle Fries Kale Salad Apricots	Lunch Grab N Go BBQ Chicken /Roll Garden Salad & Baked Beans Diced Peaches
Lunch Grab N Go (Cold) Fruit & Yogurt Grab N Go	Lunch Grab N Go (Cold) Sun butter & Jelly Plate Lunch Extras Assorted Juice	Lunch Grab N Go (Cold) Mixed Berry Juice Choice of Milk	Lunch Grab N Go (Cold) Vegetarian Chef Salad	Lunch Grab N Go (Cold) Mixed Cheese Chef Salad
Lunch Extras Assorted Juice		Lunch Grab N Go (Cold) Fruit & Yogurt Grab N Go	Lunch Extras Assorted Juice	Lunch Extras Assorted Juice
Snack Snack Mix & Fruit Dive	Snack Cinnamon Goldfish & Apple Splash	Curbside Snack Sunflower Seeds & Fruit Dive	Snack Strawberry Nutra-Grain & Apple Splash	Snack Cheez-its and Fruit Dive

Earth Day April 22



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