

# August 2021

## Elementary Lunch

DeKalb County School District



# The original value meal & still a fantastic deal!

**Breakfast**

**Lunch**

**FREE** Students Meals  
SY 21-22

Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
[schoolnutrition@dekalbschoolsga.org](mailto:schoolnutrition@dekalbschoolsga.org)

**Monday, August 2**

**Entrees**

French Bread Pizza

**Sides (2-3)**

Tossed Salad  
Whole Kernel Corn  
Mandarin Oranges  
Assorted Juice

**Grab-N-Go**

Vegetarian Chef Salad  
Fruit & Yogurt Plate

**Tuesday, August 3**

**Entrees**

Chicken Tenders with Roll

**Sides (2-3)**

Broccoli  
Peppered Sliced Carrots  
Applesauce  
Assorted Juice

**Grab-N-Go**

Chicken Strip Chicken Chef Salad  
Sun butter & Jelly Plate

**Wednesday, August 4**

**Entrees**

Roasted Chicken Wings / Texas  
Toast

**Sides (2-3)**

Glazed Sweet Potatoes  
Celery Sticks/Ranch  
Pineapple Tidbits  
Assorted Juice  
Choice of Milk

**Grab-N-Go**

Chicken Strip Chef Salad  
Fruit & Yogurt Grab N Go

**Thursday, August 5**

**Entrees**

Turkey BLT On Croissant

**Sides (2-3)**

Golden Crinkle Fries  
Kale Salad  
Apricots  
Assorted Juice

**Grab-N-Go**

Vegetarian Chef Salad  
Charbroiled Chicken Chef

**Friday, August 6**

**Entrees**

BBQ Chicken /Roll

**Sides (2-3)**

Green Beans  
Baked Beans  
Diced Peaches  
Assorted Juice  
**Grab-N-Go**  
Mixed Cheese Chef Salad

**Monday, August 9**

**Entrees**

Cheese Dippers with Salsa

**Sides (2-3)**

Cucumber Salad  
Fresh Apple  
**Grab-N-Go**  
Vegetarian Chef Salad  
Southwestern Wrap

**Lunch Extras**

Assorted Juice

**Tuesday, August 10**

**Entrees**

BBQ Sandwich

**Sides (2-3)**

Roasted Sweet Potatoes  
Spinach Salad  
Fresh Pear  
Assorted Juice

**Grab-N-Go**

Vegetarian Salad  
Sun butter & Jelly Plate

**Wednesday, August 11**

**Entrees**

Roasted Chicken Wings w/Roll

**Sides (2-3)**

Celery Sticks  
Collard Greens  
Fresh Banana  
Assorted Juice

**Grab-N-Go**

Mixed Cheese Chef Salad  
Fruit & Yogurt Grab N Go

**Thursday, August 12**

**Entrees**

Breaded Beef with Bun

**Sides (2-3)**

Garden Salad  
Baked Beans  
Cinnamon Applesauce  
Assorted Juice

**Grab-N-Go**

Vegetarian Salad  
Chicken Strip Salad

**Friday, August 13**

**Entrees**

Big Mike's Pepperoni Pizza

**Sides (2-3)**

Steamed Broccoli  
Whole Kernel Corn  
Diced Peaches  
Assorted Juice

**Grab-N-Go**

Sun butter & Jelly Plate  
Charbroiled Chicken Chef

# DON'T 4 GET!

To make a lunch,  
choose at least one



or



and 3-5  
items  
total



Choice of Milk is available with all meals

This institution is an equal opportunity provider.

# Meatless Monday



What's on  
**YOUR**  
plate?



**Q: What's a Burger's Best Friend?**

**A:** It's not cheese, or ketchup, or special sauce! It's a nice big slice of fresh tomato. Not only does a crisp, cool tomato taste good on a burger, but the vitamin C in tomatoes also makes it easier for your body to use the protein in the meat!



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, August 16

## Entrees

French Bread Pizza V  
Bean & Cheese Burrito V

## Sides (2-3)

Green Beans  
Mexicali Corn  
Mandarin Oranges  
Assorted Fresh Fruit

## Grab-N-Go

**NEW** Spinach Chef Salad V

Tuesday, August 17

## Entrees

Chicken Tenders with Roll  
Hamburger

## Sides (2-3)

**NEW** Broccoli  
Rustic Glazed Carrots  
Applesauce  
Assorted Juice

## Grab-N-Go

**NEW** Southwest Salad V

Wednesday, August 18

## Entrees

Roasted Chicken Wings with Texas  
Toast  
**NEW** Vegetarian Lasagna V

## Sides (2-3)

**NEW** Celery Sticks/Ranch  
Sweet Potato Boat  
Pineapple Tidbits  
Assorted Fresh Fruit

## Grab-N-Go

Charbroiled Chicken Chef Salad

Thursday, August 19

## Entrees

Beef Steak /Gravy with Roll  
Turkey BLT On Croissant

## Sides (2-3)

Loaded Mashed Potatoes  
Kale Salad  
Fruit Cocktail  
Assorted Juice

## Grab-N-Go

Vegetarian Chef Salad V

Friday, August 20

## Entrees

BBQ Chicken /Roll  
Baked Ziti V

## Sides (2-3)

Baked Beans  
Mixed Green Salad  
Sliced Peaches  
Assorted Fresh Fruit

## Grab-N-Go

**NEW** BLT Cobb Salad

Monday, August 23

## Entrees

Galaxy Cheese Pizza V  
Burrito Bowl V

## Sides (2-3)

**NEW** Lemon Roasted Carrots &  
Broccoli  
Cucumber Salad  
Diced Pears  
Assorted Fresh Fruit

## Grab-N-Go

**NEW** Club Med Salad V

Tuesday, August 24

## Entrees

BBQ Sandwich  
Cheese Dippers with Salsa V

## Sides (2-3)

Crinkle Fries  
Broccoli  
Mandarin Oranges  
Assorted Juice

## Grab-N-Go

**NEW** Turkey Bacon Ranch Chef  
Salad

Wednesday, August 25

## Entrees

Roasted Chicken Wings with Texas  
Toast  
Breaded Beef Sandwich

## Sides (2-3)

**NEW** Roasted Sweet Potatoes  
Caribbean Cabbage  
Fruit Cocktail  
Assorted Fresh Fruit

## Grab-N-Go

**NEW** Cucumber & Broccoli  
Chef Salad V

Thursday, August 26

## Entrees

Beef & Cheese Nachos  
Cheese Nachos V  
Fish Sandwich

## Sides (2-3)

Mexican Black Beans  
Tossed Salad  
Cinnamon Applesauce  
Assorted Juice

## Grab-N-Go

Chicken Strip Chef Salad

Friday, August 27

## Entrees

Big Mike's Cheese Pizza V  
Corndog

## Sides (2-3)

Mixed Green Salad  
Corn  
Sliced Peaches



**F2S Fresh Fruit**

## Grab-N-Go

Charbroiled Chef Salad

Monday, August 30

## Entrees

French Bread Pizza V  
Bean & Cheese Burrito V

## Sides (2-3)

Green Beans  
Whole Kernel Corn  
Mandarin Oranges  
Assorted Fresh Fruit

## Grab-N-Go

**NEW** Spinach Chef Salad V

Tuesday, August 31

## Entrees

Chicken Tenders with Roll  
Hamburger

## Sides (2-3)

**NEW** Broccoli  
Rustic Glazed Carrots  
Applesauce  
Assorted Juice

## Grab-N-Go

**NEW** Southwest Salad V

Wednesday, September 1

## Entrees

Roasted Chicken Wings with Texas  
Toast  
Grilled Cheese V

## Sides (2-3)

**NEW** Sweet Potato Boat  
Celery Sticks/Ranch  
Pineapple Tidbits  
Assorted Fresh Fruit

## Grab-N-Go

Charbroiled Chicken Chef Salad

Thursday, September 2

## Entrees

Beef Steak /Gravy with Roll  
Turkey BLT On Croissant

## Sides (2-3)

Loaded Mashed Potatoes  
Kale Salad  
Fruit Cocktail  
Assorted Juice

## Grab-N-Go

Mixed Cheese Chef Salad V

Friday, September 3

## Entrees

BBQ Chicken /Roll  
Baked Ziti V

## Sides (2-3)

**NEW** Baked Beans  
Coleslaw  
Sliced Peaches  
Assorted Fresh Fruit

## Grab-N-Go

**NEW** BLT Cobb Salad

Choice of Milk is available with all meals

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