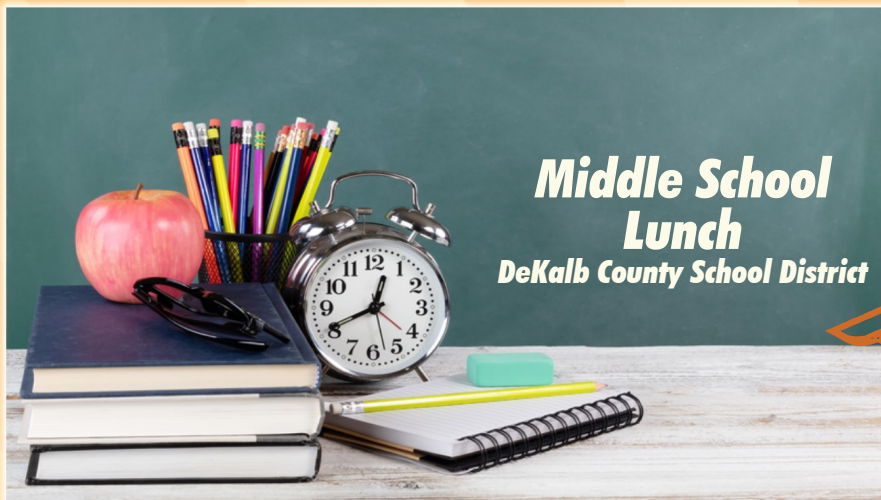


Middle School Lunch

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

Monday, August 2

Entree

French Bread Pizza

Sides (3-4)

Garden Salad
Whole Kernel Corn
Mandarin Oranges
Assorted Juice

Grab-N-Go

Vegetarian Chef Salad
Fruit & Yogurt Plate

Tuesday, August 3

Entree

Chicken Tenders with Roll

Sides (3-4)

Broccoli
Peppered Sliced Carrots
Applesauce
Assorted Juice

Grab-N-Go

Chicken Strip Chicken Chef Salad
Sun butter & Jelly Plate

Wednesday, August 4

Entree

Roasted Chicken Wings / Texas
Toast

Sides (3-4)

Glazed Sweet Potatoes
Celery Sticks/Ranch
Pineapple Tidbits
Mixed Berry Juice

Grab-N-Go

Chicken Strip Chef Salad
Fruit & Yogurt Grab N Go

Thursday, August 5

Entree

Turkey BLT On Croissant

Sides (3-4)

Golden Crinkle Fries
Kale Salad
Apricots

Grab-N-Go

Vegetarian Chef Salad
Charbroiled Chicken Chef

Friday, August 6

Entree

BBQ Chicken /Roll

Sides (3-4)

Green Beans
Baked Beans
Sliced Peaches

Grab-N-Go

Mixed Cheese Chef Salad
Manager Choice Chef Salad

Monday, August 9

Entree

Cheese Dippers with Salsa

Sides (3-4)

Cucumber Salad
Fresh Apple
Assorted Juice

Grab-N-Go

Vegetarian Chef Salad
Southwestern Wrap

Tuesday, August 10

Entree

BBQ Sandwich

Sides(3-4)

Roasted Sweet Potatoes
Spinach Salad
Fresh Pear
Assorted Juice

Grab-N-Go

Vegetarian Salad
Charbroiled Chicken Chef

Wednesday, August 11

Entree

Roasted Chicken Wings w/Roll

Sides(3-4)

Celery Sticks
Collard Greens
Fresh Banana
Assorted Juice

Grab-N-Go

Mixed Cheese Chef Salad
Fruit & Yogurt Grab N Go

Thursday, August 12

Entree

Breaded Beef with Bun

Sides (3-4)

Garden Salad
Baked Beans
Cinnamon Applesauce
Assorted Juice

Grab-N-Go

Vegetarian Salad
Manager Choice Chef Salad

Friday, August 13

Entree

Big Mike's Pepperoni Pizza

Sides(3-4)

Steamed Broccoli
Whole Kernel Corn
Diced Peaches
Fruit Punch Juice

Grab-N-Go

Sun butter & Jelly Plate
Manager Choice Chef Salad

DON'T 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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

This institution is an equal opportunity provider.

Monday, August 16

Entrees

French Bread Pizza V
Bean & Cheese Burrito V

Sides (3-4)

Mixed Green Salad
Mexicali Corn
Mandarin Oranges
Assorted Fresh Fruit

Grab-N-Go
Spinach Chef Salad V

Tuesday, August 17

Entrees

Chicken Tenders with Roll
Turkey & Cheese Sub Sandwich

Sides (3-4)

Broccoli
Rustic Glazed Carrots
Applesauce
Assorted Juice

Grab-N-Go
Southwest Salad V

Wednesday, August 18

Entrees

Roasted Chicken Wings with Texas
Toast
Vegetarian Lasagna

Sides (3-4)

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 (3-4)

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 (3-4)

Tossed Salad
Baked Beans
Sliced Peaches
Assorted Fresh Fruit

Grab-N-Go
BLT Cobb Salad

Monday, August 23

Entrees

Galaxy Cheese Pizza V
Burrito Bowl V

Sides (3-4)

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

Grab-N-Go
Club Med Chef Salad V

Tuesday, August 24

Entrees

BBQ Sandwich
Cheese Dippers with Salsa

Sides (3-4)

Crinkle Fries
Broccoli
Mandarin Oranges
Assorted Juice

Grab-N-Go
Turkey Bacon Ranch Salad

Wednesday, August 25

Entrees

Roasted Chicken Wings with Texas
Toast
Breaded Beef Sandwich

Sides (3-4)

Roasted Sweet Potatoes
*Caribbean Cabbage
Fruit Cocktail
Assorted Fresh Fruit

Grab-N-Go
Cucumber & Broccoli

Thursday, August 26

Entrees

Beef & Cheese Nachos
Cheese Nachos V
Fish Sandwich

Sides (3-4)

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
Turkey Ham Sub Sandwich

Sides (3-4)

Mixed Green Salad
Corn
Sliced Peaches
F2S Fresh Fruit

Grab-N-Go
Chicken Strip Chef Salad

Monday, August 30

Entrees

French Bread Pizza V
Bean & Cheese Burrito V

Sides (3-4)

Mixed Green Salad
Whole Kernel Corn
Mandarin Oranges
Assorted Fresh Fruit

Grab-N-Go
Spinach Chef Salad V

Tuesday, August 31

Entrees

Chicken Tenders with Roll
Turkey & Cheese Sub Sandwich

Sides (3-4)

Broccoli
Rustic Glazed Carrots
Applesauce
Assorted Juice

Grab-N-Go
Southwest Salad V

Wednesday, September 1

Entrees

Roasted Chicken Wings with Texas
Toast
Grilled Cheese V

Sides (3-4)

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 (3-4)

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 (3-4)

Tossed Salad
Baked Beans
Sliced Peaches
Assorted Fresh Fruit

Grab-N-Go
BLT Cobb Salad

Milk is available with all meals