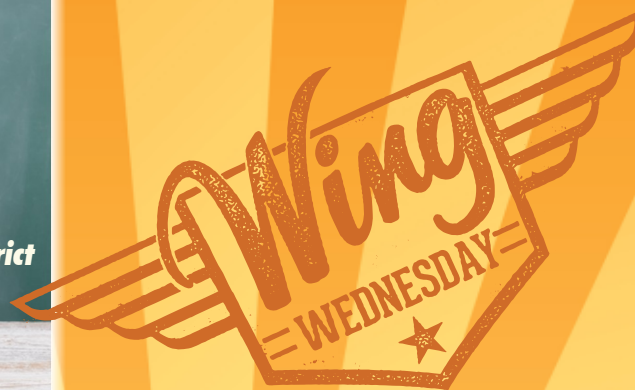
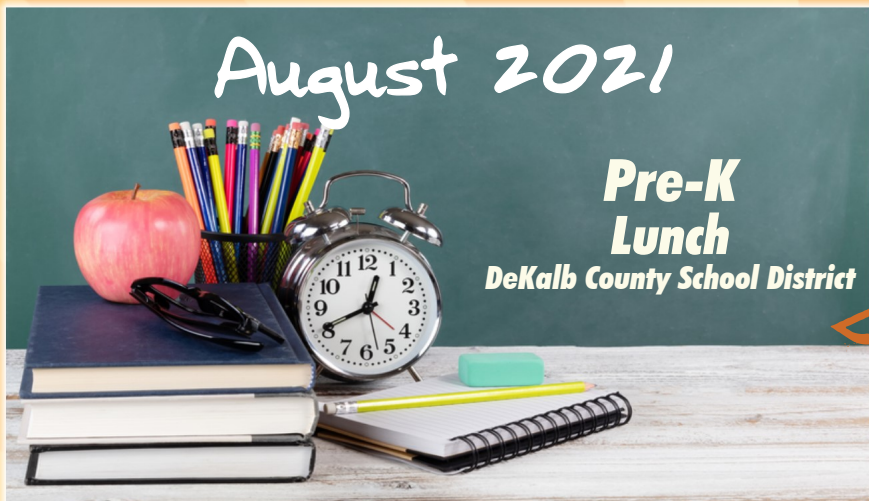


# August 2021

## Pre-K Lunch DeKalb County School District



# The original value meal & still a fantastic deal!

**Breakfast**

**Lunch**

**FREE** for all Students  
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

French Bread Pizza  
Garden Salad  
Mandarin Oranges

Choice of Unflavored Milk

### Tuesday, August 3

Chicken Tenders with Roll  
Broccoli  
Applesauce

Choice of Unflavored Milk

### Wednesday, August 4

Roasted Chicken Wings / Texas  
Toast  
Celery Sticks/Ranch  
Pineapple Tidbits

Choice of Unflavored Milk

### Thursday, August 5

Turkey BLT On Croissant  
Golden Crinkle Fries  
Apricots

Choice of Unflavored Milk

### Friday, August 6

BBQ Chicken /Roll  
Green Beans  
Sliced Peaches

Choice of Unflavored Milk

### Monday, August 9

Cheese Dippers with Salsa  
Cucumber Salad  
Assorted Juice

Choice of Unflavored Milk

### Tuesday, August 10

BBQ Sandwich  
Roasted Sweet Potatoes  
Fresh Pear

Choice of Unflavored Milk

### Wednesday, August 11

Roasted Chicken Wings w/Roll  
  
Celery Sticks  
Fresh Banana

Choice of Unflavored Milk

### Thursday, August 12

Breaded Beef with Bun  
Garden Salad  
Cinnamon Applesauce

Choice of Unflavored Milk

### Friday, August 13

Big Mike's Pepperoni Pizza  
Steamed Broccoli  
Sliced Peaches

Choice of Unflavored Milk

Choice of Milk is available with all meals

# DON'T 4 GET!

## To make a lunch, choose at least one



or



## and 3-5 items total



\* Milk is available with all meals \*

This institution is an equal opportunity provider.

# Meatless Monday



**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)

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**Monday, August 16**

Bean & Cheese Burrito V  
Mixed Green Salad  
Mandarin Oranges

Choice of Unflavored Milk

**Tuesday, August 17**

Chicken Tenders with Roll  
Rustic Glazed Carrots  
Applesauce

Choice of Unflavored Milk

**Wednesday, August 18**

Roasted Chicken Wings with  
Texas Toast  
Sweet Potato Boat  
Pineapple Tidbits

Choice of Unflavored Milk

**Thursday, August 19**

Beef Steak /Gravy  
Roll  
Mashed Potatoes

Choice of Unflavored Milk

**Friday, August 20**

Baked Ziti V  
Green Beans  
Sliced Peaches

Choice of Unflavored Milk

**Monday, August 23**

Galaxy Cheese Pizza V  
Lemon Roasted Carrots/  
Broccoli  
Diced Pears

Choice of Unflavored Milk

**Tuesday, August 24**

Cheese Dippers with Salsa V  
Broccoli

Choice of Unflavored Milk

**Wednesday, August 25**

Breaded Beef Sandwich  
Fruit Cocktail

Choice of Unflavored Milk

**Thursday, August 26**

Cheese Nachos V  
Cinnamon Applesauce

Choice of Unflavored Milk

**Friday, August 27**

Big Mike's Cheese Pizza v  
Mixed Green Salad  
**F2S Fresh Fruit**

Choice of Unflavored Milk

**Monday, August 30**

French Bread Pizza V  
Whole Kernel Corn

Choice of Unflavored Milk

**Tuesday, August 31**

Chicken Tenders with Roll  
Broccoli

Choice of Unflavored Milk

**Wednesday, September 1**

Grilled Cheese V

Sweet Potato Boat  
Pineapple Tidbits

Choice of Unflavored Milk

**Thursday, September 2**

Beef Steak/Gravy with Roll  
Fruit Cocktail

Choice of Unflavored Milk

**Friday, September 3**

BBQ Chicken /Roll  
Sliced Peaches

Choice of Unflavored Milk

Choice of Milk is available with all meals