

Happy Holidays!



Beware of Mistletoe!

Tuesday, December 1

Cook at Home Breakfast

Strawberry Yogurt
Granola
Apple Juice
Diced Peaches

Lunch

Chicken Chunks with
Breadstick
Corn Salad
Celery Sticks (5)
Ranch Dressing
Applesauce
Fruit Punch Juice

Wednesday, December 2

Breakfast

Frosted Mini Wheats
Graham Gold Fish
Orange Tangerine Juice
Red Delicious Apple

Lunch

Turkey Ham & Cheese on
Croissant
Mayo
Carrot Sticks (9)
Orange Tangerine Juice
Fruit Cocktail

**Wings Wednesdays:
(Production sites only)**

Thursday, December 3

Cook at Home Breakfast

WG PopTarts (2 Pack)
Mixed Fruit Juice
Fresh Gala Apple

Lunch

Breaded Beef* with Bun
Cherry Tomatoes (6) with
Ranch
Coleslaw
Cinnamon Applesauce
Fruit Punch Juice**

Friday, December 4

Breakfast

Frosted Mini Wheats with
Biscuit
Orange Tangerine Juice
Red Delicious Apple

Lunch

Turkey Club Sub with Turkey
Bacon
Cucumber and Tomato
Salad
VBlend Juice
Fruit Cocktail
Mixed Berry Juice
Pretzels

**Fiesta Friday
(Production Sites Only)**

Saturday, December 5

Breakfast

Assorted Cereal
Graham Cracker
Fruit Punch Juice
Red Delicious Apple

Lunch

Turkey Ham & Cheese
Sandwich
Mini Carrots
Diced Pears
Orange Juice
Milk

Sunday, December 6

Cook at Home Breakfast

Assorted Cereal
Graham Crackers
Diced Peaches
Apple Juice

Lunch

Cheese & Marinara Meal
Celery
Dick & Jane Cookies
Apple Juice

Monday, December 7

Breakfast

Frosted Flakes
Graham Crackers
Orange Tangerine Fruit Juice
Fresh Gala Apple

Lunch

Grilled Cheese *
Carrot Sticks (9)
Ranch Dressing
Mandarin Oranges
Apple Juice
Shortbread Cookies

Meatless Monday
Cheese Pizza
(Production sites only)

Tuesday, December 8

Cook at Home Breakfast

Breaded Chicken Filet* with
Biscuit
Apple Juice
Diced Peaches

Lunch

Chicken Tenders* with
Breadstick
Cherry Tomatoes (6) with
Ranch
VBlend Juice
Ranch Dressing
Applesauce
Fruit Punch Juice

Wednesday, December 9

Breakfast

Assorted Cereal
with Biscuit
Orange Tangerine Juice
Fresh Gala Apple

Lunch

Turkey Croissant Sandwich
Cucumber and Tomato
Salad
Celery Sticks (5)
Pretzels
Diced Pears
Mixed Berry Juice

**Wings Wednesday
(Production sites only)**

Thursday, December 10

Cook at Home Breakfast

Cinnamon Toast Crunch Pastry
Mixed Fruit Juice
Fresh Pear

Lunch

Breaded Chicken* with Bun
Coleslaw
VBlend Juice
Ranch Dressing
Cinnamon Applesauce
Fruit Punch Juice

Friday, December 11

Breakfast

Frosted Mini Wheats
Graham Crackers
Orange Tangerine Juice
Red Delicious Apple

Lunch

Chicken Salad Croissant
Chips & Salsa
Corn Salad
Fruit Cocktail
Mixed Berry Juice

**Fiesta Friday
(Production sites only)**

Saturday, December 12

Cook at Home Breakfast

Pancake N Link *
Mixed Fruit Juice
Diced Pears

Lunch

Roasted Chicken *
Roll
Cherry Tomatoes (6)
Mini Carrots
Ranch Dressing
Cinnamon Applesauce
Fruit Punch Juice**

Sunday, December 13

Cook at Home Breakfast

Assorted Cereal
Graham Crackers
Apple Juice
Red Delicious Apple

Lunch

French Bread Pizza *
Black Bean Salad
VBlend Juice
Fruit Cocktail
Mixed Berry Juice

'Tis the Season!



**Nutrition
Express**

**December
2020**

DeKalb County School District

This institution is an equal opportunity provider. Menus are subject to change.



This holiday season, here's hoping we can all help keep each other safe and happy!

HOLIDAY ESSENTIALS.



We're all having to make adjustments this holiday season. But amidst all the change, let's not forget to thank the essential workers who face even more upheaval to help keep us all safe!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Monday, December 14

Meatless Monday Breakfast

Fruit Loops
Graham Crackers
Orange Tangerine Juice
Fresh Gala Apple

Lunch

Cheese Dip (2)
Tostito Chips
Salsa
VBlend Juice
Mandarin Oranges
Apple Juice
Shortbread Cookies
(Production Sites: Cheese Dippers)

Tuesday, December 15

Cook at Home Breakfast

Strawberry Yogurt
Granola
Apple Juice
Diced Peaches

Lunch

Chicken Chunks with Breadstick
Corn Salad
Celery Sticks (5)
Ranch Dressing
Applesauce
Fruit Punch Juice

Wednesday, December 16

Breakfast

Frosted Mini Wheats
Graham Gold Fish
Orange Tangerine Juice
Red Delicious Apple

Lunch

Turkey Ham & Cheese on Croissant w Mayo
Carrot Sticks (9)
Orange Tangerine Juice
Fruit Cocktail

Holiday Meal
Roast Turkey
(Production sites only)

Thursday, December 17

Cook at Home Breakfast

WG PopTarts (2 Pack)
Mixed Fruit Juice
Fresh Gala Apple

Lunch

Breaded Beef* with Bun
Cherry Tomatoes (6) with Ranch
Coleslaw
Cinnamon Applesauce
Fruit Punch Juice

Friday, December 18

Breakfast

Frosted Mini Wheats with Biscuit
Orange Tangerine Juice
Red Delicious Apple

Lunch

Turkey Club Sub with Turkey Bacon
Cucumber and Tomato Salad
VBlend Juice
Fruit Cocktail
Mixed Berry Juice
Pretzels

Fiesta Friday
(Production Sites Only)

Saturday, December 19

Cook at Home Breakfast

French Toast Sticks*
Syrup
Apple Juice
Diced Pears

Lunch

Breaded Beef* with Bun
Coleslaw
VBlend Juice
Ranch Dressing
Cinnamon Applesauce
Fruit Punch Juice

Sunday, December 20

Cook at Home Breakfast

Fruit Loops Cereal
Graham Crackers
Fruit Punch Juice
Red Delicious Apple

Lunch

Maple Chicken Minis Roll
Black Bean Salad
VBlend Juice
Fruit Cocktail
Mixed Berry Juice



Catch You in 2021!

Winter Holiday begins at the end of classes

Friday, December 18

Classes resume

Monday, January 4

