

**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**



Reindeer, also known as caribou, live in arctic and sub-arctic regions all over the world