### Elementary Lunch Menu

**February 2020**

**DeKalb School District**
**School Nutrition Services**

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

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### YOU’VE GOT TO LOVE IT!

You’ve got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!

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

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### NUTRITION TO GO

Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.

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### A QUICK BITE FOR PARENTS

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<table>
<thead>
<tr>
<th>Monday, February 3</th>
<th>Tuesday, February 4</th>
<th>Wednesday, February 5</th>
<th>Thurs., February 6</th>
<th>Friday, February 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Course</strong></td>
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</tr>
<tr>
<td>Smoked Texas Rodeo Turkey BBQ Sandwich</td>
<td>Lemon Grass Chicken with Rice Fish Fillet Sandwich</td>
<td>Mesquite Chicken with Roll</td>
<td>Turkey Croissant with Turkey Bacon, Lettuce &amp; Tomato Breaded Beef Steak/Gravy/Roll</td>
<td>Turkey Croissant with Turkey Bacon, Lettuce &amp; Tomato Breaded Beef Steak/Gravy/Roll</td>
</tr>
<tr>
<td>Cheese Dippers with Salsa V</td>
<td>Fish Fillet Sandwich</td>
<td>Garden Veggie Burger V</td>
<td>Wild Mike’s Cheese Pizza</td>
<td>Wild Mike’s Cheese Pizza</td>
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<tr>
<td><strong>Pairings (2-3)</strong></td>
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</tr>
<tr>
<td>Coleslaw</td>
<td>Spinach Salad</td>
<td>Mexicali Corn</td>
<td>Mashed Potatoes Deluxe</td>
<td>Lemon Kissed Kale</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>Baked Sweet Potato</td>
<td>Collard Greens</td>
<td>Green Beans</td>
<td>Roasted Carrots</td>
</tr>
<tr>
<td>Chilled Mandarin Oranges</td>
<td>Chilled Fruit Medley</td>
<td>Chilled Peaches</td>
<td>Cinnamon Applesauce</td>
<td>Chilled Peaches</td>
</tr>
<tr>
<td>Seasonal Fresh Fruit</td>
<td>Fresh Pear</td>
<td>Fresh Orange Wedges</td>
<td>Fresh Orange Wedges</td>
<td>Seasonal Fresh Fruit</td>
</tr>
<tr>
<td><strong>Movers &amp; Shakers</strong></td>
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</tr>
<tr>
<td>Chicken Strip Chef Salad</td>
<td>Fruit &amp; Yogurt Plate V</td>
<td>Chicken Strip Chef Salad</td>
<td>Mediterranean Veggie Plate</td>
<td>Chicken Strip Chef Salad</td>
</tr>
<tr>
<td><strong>Delectables</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dick &amp; Jane's Cookies</td>
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</tbody>
</table>

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**Monday, February 10**

<table>
<thead>
<tr>
<th>Main Course</th>
<th>Pairings (2-3)</th>
<th>Movers &amp; Shakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batter Up Franks Cheeseburger Deluxe</td>
<td>Lettuce/Tomato/Pickle Golden Crinkle Fries Mandarin Oranges Fresh Pear</td>
<td>Garden Vegetarian Chef Salad Plate V</td>
</tr>
</tbody>
</table>

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**Tuesday, February 11**

<table>
<thead>
<tr>
<th>Main Course</th>
<th>Pairings (2-3)</th>
<th>Movers &amp; Shakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maple Chicken Mega Minis with Texas Toast Fish Fillet Sandwich</td>
<td>Roasted Sweet Potato Cucumber Salad Spiced Baked Pears Fresh Orange Wedges</td>
<td>Mixed Cheese Chef Salad V</td>
</tr>
</tbody>
</table>

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**Wednesday, February 12**

<table>
<thead>
<tr>
<th>Main Course</th>
<th>Pairings (2-3)</th>
<th>Movers &amp; Shakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef &amp; Cheese Nachos Cheese Nachos V</td>
<td>Shredded Lettuce &amp; Tomato Fiesta Black Beans Applesauce Banana</td>
<td>Fajita Chicken Chef Salad V</td>
</tr>
</tbody>
</table>

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**Thursday, February 13**

<table>
<thead>
<tr>
<th>Main Course</th>
<th>Pairings (2-3)</th>
<th>Movers &amp; Shakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Chicken with Roll</td>
<td>Power Kale Salad Roasted Corn Chilled Fruit Medley Fresh Apple</td>
<td>Charbroiled Chicken Chef Salad</td>
</tr>
</tbody>
</table>

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**Friday, February 14**

<table>
<thead>
<tr>
<th>Main Course</th>
<th>Pairings (2-3)</th>
<th>Movers &amp; Shakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Wings with Roll</td>
<td>Garden Green Salad Broccoli Chilled Peaches Seasonal Fresh Fruit</td>
<td>Fruit &amp; Yogurt Plate</td>
</tr>
</tbody>
</table>

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**HAPPY VALENTINE’S DAY!**

**February 14**
### What's on Your Plate?

#### Main Course
- **Monday, February 17**
  - Main Course: Shrimp & Fish Basket with Macaroni & Cheese & Cornbread
  - Pairings (2-3):
    - Wild Mike’s Cheese Pizza
    - Lemon Kissed Kale
    - Roasted Carrots
    - Chilled Pears
    - Seasonal Fresh Fruit
  - Movers & Shakers: Chicken Strip Chef Salad
  - Delectables: Dick & Janes Presidents Day Cookies

- **Tuesday, February 18**
  - Main Course: Turkey Croissant with Turkey Bacon, Lettuce & Tomato
  - Pairings (2-3):
    - Mashed Potatoes Deluxe
    - Green Beans
    - Cinnamon Applesauce
    - Fresh Orange Wedges
  - Movers & Shakers: Mediterranean Veggie Plate

- **Wednesday, February 19**
  - Main Course: Mesquite Chicken with Roll
  - Pairings (2-3):
    - Mexicali Corn
    - Collard Greens
    - Chilled Peaches
    - Banana
  - Movers & Shakers: Chicken Strip Chef Salad

- **Thursday, February 20**
  - Main Course: Turkey Croissant with Turkey Bacon, Lettuce & Tomato
  - Pairings (2-3):
    - Breaded Beef Steak/Gravy/Roll
    - Mashed Potatoes Deluxe
    - Green Beans
    - Cinnamon Applesauce
    - Fresh Orange Wedges
  - Movers & Shakers: Mediterranean Veggie Plate

- **Friday, February 21**
  - Main Course: Shrimp & Fish Basket with Macaroni & Cheese & Cornbread
  - Pairings (2-3):
    - Lemon Kissed Kale
    - Roasted Carrots
    - Chilled Pears
    - Seasonal Fresh Fruit
  - Movers & Shakers: Chicken Strip Chef Salad

#### A la Carte
- **Monday, February 24**
  - Main Course: Batter Up Franks
  - Pairings (2-3):
    - Lettuce/Tomato/Pickle
    - Golden Crinkle Fries
    - Mandarin Oranges
    - Fresh Pear
  - Movers & Shakers: Garden Vegetarian Chef Salad Plate V

- **Tuesday, February 25**
  - Main Course: Maple Chicken Mega Minis with Texas Toast
  - Pairings (2-3):
    - Shredded Lettuce & Tomato
    - Golden Crinkle Fries
    - Mandarin Oranges
    - Fresh Pear
  - Movers & Shakers: Mixed Cheese Chef Salad V

- **Wednesday, February 26**
  - Main Course: Beef & Cheese Nachos
  - Pairings (2-3):
    - Shredded Lettuce & Tomato
    - Fiesta Black Beans
    - Applesauce
    - Banana
  - Movers & Shakers: Fajita Chicken Chef Salad

- **Thursday, February 27**
  - Main Course: BBQ Chicken with Roll
  - Pairings (2-3):
    - Power Kale Salad
    - Farm to School Squash
    - Chilled Fruit Medley
    - Fresh Apple
  - Movers & Shakers: Charbroiled Chicken Chef Salad

- **Friday, February 28**
  - Main Course: Chicken Wings with Roll
  - Pairings (2-3):
    - Garden Green Salad
    - Broccoli
    - Chilled Peaches
    - Seasonal Fresh Fruit
  - Movers & Shakers: Fruit & Yogurt Plate

#### Delectables
- **Monday, February 17**
  - Dick & Janes Presidents Day Cookies

#### What OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?

Other than George Washington and Abraham Lincoln, two other Presidents have a birthday this month — William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911. Happy Presidents Day!