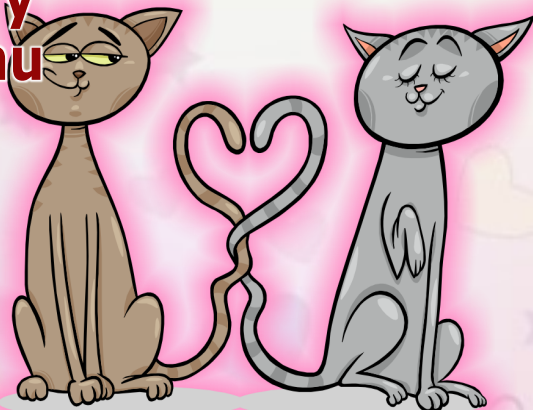


# Elementary Lunch Menu

**February 2020**

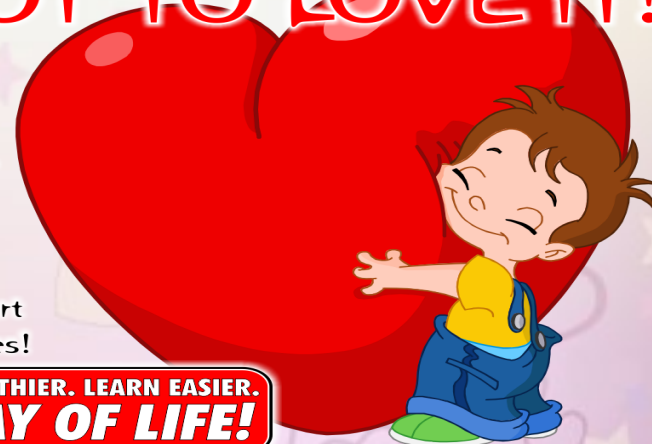
**DeKalb School District**  
School Nutrition Services

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



# 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!**

## 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.**

## A QUICK BITE FOR PARENTS

### Monday, February 3

**Main Course**  
Smoked Texas Rodeo Turkey BBQ Sandwich  
Cheese Dippers with Salsa V

#### Pairings (2-3)

Coleslaw  
Baked Beans  
Chilled Mandarin Oranges  
Seasonal Fresh Fruit

**Movers & Shakers**  
Chicken Strip Chef Salad

### Tuesday, February 4

**Main Course**  
Lemon Grass Chicken with Rice  
Fish Filet Sandwich

#### Pairings (2-3)

Spinach Salad  
Baked Sweet Potato  
Chilled Fruit Medley  
Fresh Pear

**Movers & Shakers**  
Fruit & Yogurt Plate V

**Delectables**  
Dick & Janes Cookies

### Wednesday, February 5

**Main Course**  
Mesquite Chicken  
with Roll  
Garden Veggie Burger V

#### Pairings (2-3)

Mexicali Corn  
Collard Greens  
Chilled Peaches  
Banana

**Movers & Shakers**  
Chicken Strip Chef Salad

### Thurs., February 6

**Main Course**  
Turkey Croissant with Turkey Bacon,  
Lettuce & Tomato Breaded Beef Steak/  
Gravy/Roll

#### Pairings (2-3)

Mashed Potatoes Deluxe  
Green Beans  
Cinnamon Applesauce  
Fresh Orange Wedges

**Movers & Shakers**  
Mediterranean Veggie Plate

### Friday, February 7

**Main Course**  
Shrimp & Fish Basket with  
Macaroni & Cheese & Cornbread  
Wild Mike's Cheese Pizza

#### Pairings (2-3)

Lemon Kissed Kale  
Roasted Carrots  
Chilled Pears  
Seasonal Fresh Fruit

**Movers & Shakers**  
Chicken Strip Chef Salad

### Monday, February 10

**Main Course**  
Batter Up Franks Cheeseburger Deluxe

#### Pairings (2-3)

Lettuce/Tomato/Pickle  
Golden Crinkle Fries  
Mandarin Oranges  
Fresh Pear

**Movers & Shakers**  
Garden Vegetarian Chef Salad Plate V

### Tuesday, February 11

**Main Course**  
Maple Chicken Mega Minis with Texas  
Toast Fish Fillet Sandwich

#### Pairings (2-3)

Roasted Sweet Potato  
Cucumber Salad  
Spiced Baked Pears  
Fresh Orange Wedges

**Movers & Shakers**  
Mixed Cheese Chef Salad V

### Wednesday, February 12

**Main Course**  
Beef & Cheese Nachos Cheese Nachos V  
Grilled Chicken Sandwich

#### Pairings (2-3)

Shredded Lettuce & Tomato  
Fiesta Black Beans  
Applesauce  
Banana

**Movers & Shakers**  
Fajita Chicken Chef Salad

### Thursday, February 13

**Main Course**  
BBQ Chicken with Roll  
Galaxy Cheese Pizza

#### Pairings (2-3)

Power Kale Salad  
Roasted Corn  
Chilled Fruit Medley  
Fresh Apple

**Movers & Shakers**  
Charbroiled Chicken Chef Salad

### Friday, February 14

**Main Course**  
Chicken Wings with Roll  
Grilled Cheese

#### Pairings (2-3)

Garden Green Salad  
Broccoli  
Chilled Peaches  
Seasonal Fresh Fruit

**Movers & Shakers**  
Fruit & Yogurt Plate

**HAPPY VALENTINE'S DAY!**



**FEBRUARY 14**

# 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!



**Q** Why is fish often prepared and served with lemon?



**A** Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

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)

Monday, February 17



**NO SCHOOL TODAY**

Tuesday, February 18

**Main Course**  
Lemon Grass Chicken with Rice  
Fish Filet Sandwich

**Pairings (2-3)**  
Spinach Salad  
Baked Sweet Potato  
Chilled Fruit Medley  
Fresh Pear

**Movers & Shakers**  
Fruit & Yogurt Plate V

**Delectables**  
Dick & James Presidents Day Cookies

Wednesday, February 19

**Main Course**  
Mesquite Chicken with Roll  
Garden Veggie Burger v

**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  
Breaded Beef Steak/Gravy/Roll

**Pairings (2-3)**  
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  
Wild Mike's Cheese Pizza

**Pairings (2-3)**  
Lemon Kissed Kale  
Roasted Carrots  
Chilled Pears  
Seasonal Fresh Fruit

**Movers & Shakers**  
Chicken Strip Chef Salad

Monday, February 24

**Main Course**  
Batter Up Franks  
Cheeseburger Deluxe

**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  
Fish Fillet Sandwich

**Pairings (2-3)**  
Roasted Sweet Potato  
Cucumber Salad  
Spiced Baked Pears  
Fresh Orange Wedges

**Movers & Shakers**  
Mixed Cheese Chef Salad V

Wednesday, February 26

**Main Course**  
Beef & Cheese Nachos  
Cheese Nachos V  
Grilled Chicken Sandwich

**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  
Galaxy Cheese Pizza

**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  
Grilled Cheese

**Pairings (2-3)**  
Garden Green Salad  
Broccoli  
Chilled Peaches  
Seasonal Fresh Fruit

**Movers & Shakers**  
Fruit & Yogurt Plate



*Available Daily*  
**Milk with every Meal**  
**Chef Salad**  
**Vegetarian Option**  
**A la Carte**