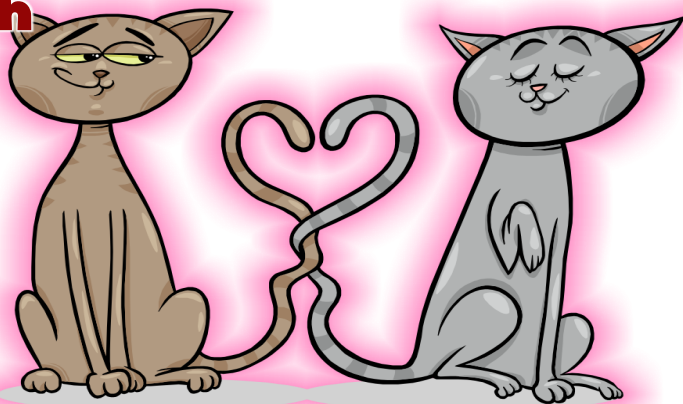


Middle / High Express February 2020

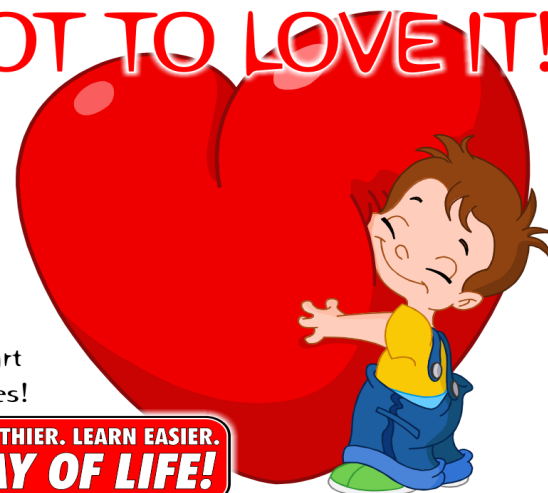
DeKalb County School
District



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!

Monday, February 3

Turkey Sausage Biscuit

Orange Tangerine Juice
Fruit Cocktail

Milk

Tuesday, February 4

Assorted Cereal with Texas Toast

Fruit Punch Juice Applesauce

Milk

Wed., February 5

Chicken Biscuit

Strawberry Kiwi Juice
Fresh Banana

Milk

Thurs., February 6

Raspberry Yogurt with Blueberry Pan Bread

Apple Juice
Chilled Peaches

Milk

Friday, February 7

Pancake N Link

Assorted Juice
Orange Wedges

Milk



In a standard deck of playing cards, the King of Hearts is the **ONLY** King with out a moustache. Happy Valentine's Day!

Monday, February 10

Country Chicken Biscuit

Orange Tangerine
Fruit Cocktail

Milk

Tuesday, February 11

Assorted Cereal With Homemade Blueberry Pan Bread

Fruit Punch Juice Applesauce

Milk

Wed., February 12

Cinnamon Toast Crunch Pastry V

Strawberry Kiwi Juice
Fresh Banana

Milk

Thurs., February 13

Toasted Croissant with Jelly

Apple Juice
Chilled Peaches

Milk

Friday, February 14

Raspberry Yogurt V

Homemade Blueberry Muffin Bread

Assorted Juice
Oranges Wedges

Milk

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!



Monday, February 17



**NO SCHOOL
TODAY**

Tuesday, February 18

Assorted Cereal with Texas Toast

Fruit Punch Juice
Applesauce

Milk

Wed., February 19

Chicken Biscuit

Strawberry Kiwi Juice
Fresh Banana

Milk

Thurs., February 20

Raspberry Yogurt with Blueberry Pan
Bread with Jelly

Apple Juice
Chilled Peaches

Milk

Friday, February 21

Pancake N Link

Assorted Juice
Orange Wedges

Milk

**BREAKFAST
@SCHOOL**
For first-class learning!

Featuring Healthy
Fruits & Grains!

Monday, February 24

Country Chicken Biscuit

Orange Tangerine
Fruit Cocktail

Milk

Tuesday, February 25

Assorted Cereal With Homemade
Blueberry Pan Bread

Fruit Punch Juice
Applesauce

Milk

Wed., February 26

Cinnamon Toast Crunch Pastry V

Strawberry Kiwi Juice
Fresh Banana

Milk

Thurs., February 27

Toasted Croissant with Jelly

Apple Juice
Chilled Peaches

Milk

Friday, February 28

Raspberry Yogurt with
Homemade Blueberry Muffin Bread

Assorted Juice
Oranges Wedges

Milk

