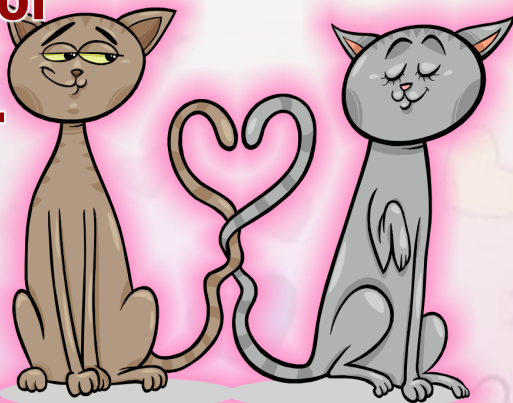


# High School Lunch Menu for February 2020

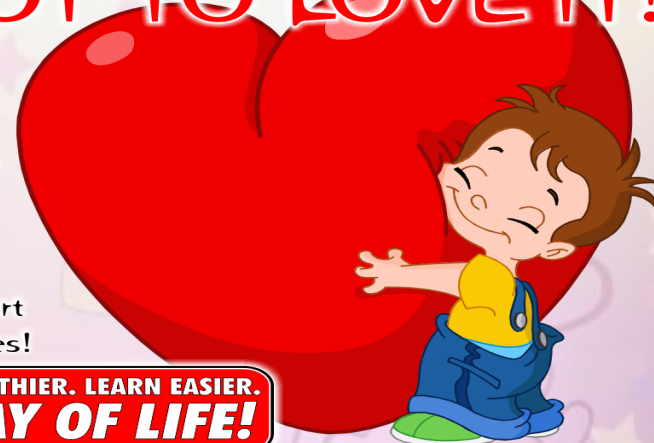
DeKalb School  
District  
School Nutrition Services



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  
Spicy Popcorn Chicken/Roll

#### Pairings (3-4)

Coleslaw  
Baked Beans  
Chilled Mandarin Oranges  
Seasonal Fresh Fruit

#### Movers & Shakers

Chicken Strip Chef Salad  
Fresh Turkey & Cheese Club Sub

### Tuesday, February 4

#### Main Course

Lemon Grass Chicken with Rice  
Fish Fillet Sandwich  
Wild Mike's Pepperoni Pizza

#### Pairings (3-4)

Spinach Salad  
Baked Sweet Potato  
Chilled Fruit Medley  
Seasonal Fresh Fruit

#### Movers & Shakers

Fruit & Yogurt Plate V  
Fresh Turkey Sub Plate

#### Delectables

Dick & Jane Cookies

### Wed., February 5

#### Main Course

Mesquite Chicken w/Roll  
Garden Veggie Burger V  
Meatloaf with Roll

#### Pairings (3-4)

Mexicali Corn  
Collard Greens  
Chilled Peaches  
Seasonal Fresh Fruit

#### Movers & Shakers

Fajita Chicken Chef Salad Fresh Club Sub  
Plate \*\*\*

Harvest of the Month \*\*\*

### Thurs., February 6

#### Main Course

Turkey Croissant with Turkey Bacon,  
Lettuce & Tomato  
Breaded Beef Steak/Gravy/Roll Chicken  
Breast Tenders with Roll

#### Pairings (3-4)

Mashed Potatoes Deluxe  
Italian Green Beans  
Cinnamon Applesauce  
Seasonal Fresh Fruit

#### Movers & Shakers

Charbroiled Chicken Chef Salad  
Mediterranean Veggie Plate

### Friday, February 7

#### Main Course

Shrimp & Fish Basket with  
Macaroni & Cheese & Cornbread

Wild Mike's Cheese Pizza

Chicken Fillet Sandwich

#### Pairings (3-4)

Lemon Kissed Kale  
Roasted Carrots  
Chilled Pears  
Seasonal Fresh Fruit

#### Movers & Shakers

Chicken Strip Chef Salad  
Fresh Turkey Sub Plate

### Monday, February 10

#### Main Course

Batter Up Funks  
Cheeseburger Deluxe  
French Bread Pizza V

#### Pairings (3-4)

Lettuce/Tomato/Pickle  
Golden Crinkle Fries  
Mandarin Oranges  
Seasonal Fresh Fruit

#### Movers & Shakers

Fruit & Yogurt Plate V  
Turkey Sub Plate

### Tuesday, February 11

#### Main Course

Nashville Hot Chicken with Texas Toast  
Fish Fillet Sandwich  
Wild Mike's Pepperoni Pizza

#### Pairings (3-4)

Roasted Sweet Potato  
Cucumber Salad  
Spiced Baked Pears  
Seasonal Fresh Fruit

#### Movers & Shakers

Vegetarian Chef Salad V  
Fresh Turkey Sub Plate

### Wed., February 12

#### Main Course

Beef & Cheese Nachos  
Cheese Nachos V  
Grilled Chicken Sandwich

#### Pairings (3-4)

Shredded Lettuce & Tomato  
Fiesta Black Beans  
Applesauce  
Seasonal Fresh Fruit

#### Movers & Shakers

Fajita Chicken Chef Salad  
Club Sub Plate

#### Delectables

Warm Chocolate Chip Cookie

### Thurs., February 13

#### Main Course

BBQ Chicken with Roll  
Wild Mike's Cheese Pizza  
Spinach Queso with Flatbread

#### Pairings (3-4)

Power Kale Salad  
Roasted Corn Chilled  
Fruit Medley  
Seasonal Fresh Fruit

#### Movers & Shakers

Humming Bird Salad Fresh  
Turkey Sub Plate

### Friday, February 14

#### Main Course

Chicken Wings with Roll  
Spicy Chicken Sandwich

#### Pairings (3-4)

Garden Green Salad  
Steamed Broccoli  
Chilled Peaches  
Seasonal Fresh Fruit

#### Movers & Shakers

Chicken Strip Chef Salad  
Turkey & Cheese

\*\*Inclement Weather Day\*\*

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!



Monday, February 17



**NO SCHOOL TODAY**

Tuesday, February 18

## Main Course

Lemon Grass Chicken with Rice  
Fish Filet Sandwich  
Wild Mike's Pepperoni Pizza

## Pairings (3-4)

Spinach Salad  
Baked Sweet Potato  
Chilled Fruit Medley  
Seasonal Fresh Fruit

## Movers & Shakers

Fruit & Yogurt Plate V Fresh Turkey Sub Plate

## Delectables

*\*\*Dick & Jane President Day Cookies\*\**

Wed., February 19

## Main Course

Mesquite Chicken w/Roll  
Garden Veggie Burger V  
Meatloaf with Roll

## Pairings (3-4)

Mexicali Corn  
Collard Greens  
Chilled Peaches  
Seasonal Fresh Fruit

## Movers & Shakers

Fajita Chicken Chef Salad Fresh Club Sub Plate \*\*\*

Thurs., February 20

## Main Course

Turkey Croissant with Turkey Bacon, Lettuce & Tomato

Breaded Beef Steak/Gravy/Roll  
Chicken Breast Tenders with Roll

## Pairings (3-4)

Mashed Potatoes Deluxe  
Italian Green Beans  
Cinnamon Applesauce  
Seasonal Fresh Fruit

## Movers & Shakers

Charbroiled Chicken Chef Salad  
Mediterranean Veggie Plate

Friday, February 21

## Main Course

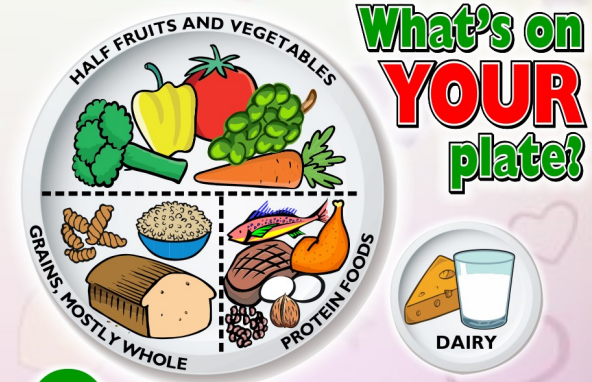
Shrimp & Fish Basket with Macaroni & Cheese & Cornbread  
Wild Mike's Cheese Pizza  
Chicken Filet Sandwich

## Pairings (3-4)

Lemon Kissed Kale  
Roasted Carrots  
Chilled Pears  
Seasonal Fresh Fruit

## Movers & Shakers

Chicken Strip Chef Salad  
Fresh Turkey Sub Plate



**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 24

## Main Course

Batter Up Franks  
Cheeseburger Deluxe  
French Bread Pizza V

## Pairings (3-4)

Lettuce/Tomato/Pickle  
Golden Crinkle Fries  
Mandarin Oranges  
Seasonal Fresh Fruit

## Movers & Shakers

Fruit & Yogurt Plate V  
Turkey Sub Plate

Tuesday, February 25

## Main Course

Nashville Hot Chicken with Texas Toast  
Fish Fillet Sandwich  
Wild Mike's Pepperoni Pizza

## Pairings (3-4)

Roasted Sweet Potato  
Cucumber Salad  
Spiced Baked Pears  
Seasonal Fresh Fruit

## Movers & Shakers

Vegetarian Chef Salad V  
Fresh Turkey Sub Plate

Wed., February 26

## Main Course

Beef & Cheese Nachos  
Cheese Nachos V  
Grilled Chicken Sandwich

## Pairings (3-4)

Shredded Lettuce & Tomato  
Fiesta Black Beans  
Applesauce  
Seasonal Fresh Fruit

## Movers & Shakers

Fajita Chicken Chef Salad  
Club Sub Plate

## Delectables

Warm Chocolate Chip Cookie

Thurs, February 27

## Main Course

BBQ Chicken with Roll  
Wild Mike's Cheese Pizza  
Spinach Queso with Flatbread

## Pairings (3-4)

Power Kale Salad  
Farm to School Squash  
Chilled Fruit Medley  
Seasonal Fresh Fruit

## Movers & Shakers

Humming Bird Salad  
Fresh Turkey Sub Plate

\*\*\*Harvest of the Month\*\*\*

Friday, February 28

## Main Course

Surf & Turf with Cornbread  
Grilled Cheese  
Spicy Chicken Sandwich

## Pairings (3-4)

Garden Green Salad  
Steamed Broccoli  
Chilled Peaches  
Seasonal Fresh Fruit

## Movers & Shakers

Chicken Strip Chef Salad  
Turkey & Cheese

