### Middle / High Express

**February 2020**

**DeKalb County School District**

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**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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<table>
<thead>
<tr>
<th>Monday, February 3</th>
<th>Tuesday, February 4</th>
<th>Wed., February 5</th>
<th>Thurs., February 6</th>
<th>Friday, February 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey Sausage Biscuit</td>
<td>Assorted Cereal with Texas Toast</td>
<td>Chicken Biscuit</td>
<td>Raspberry Yogurt with Blueberry Pan Bread</td>
<td>Pancake N Link</td>
</tr>
<tr>
<td>Orange Tangerine Juice</td>
<td>Fruit Punch Juice Applesauce</td>
<td>Strawberry Kiwi Juice</td>
<td>Apple Juice</td>
<td>Assorted Juice</td>
</tr>
<tr>
<td>Fruit Cocktail</td>
<td>Milk</td>
<td>Fresh Banana</td>
<td>Chilled Peaches</td>
<td>Orange Wedges</td>
</tr>
<tr>
<td>Milk</td>
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<table>
<thead>
<tr>
<th>Monday, February 10</th>
<th>Tuesday, February 11</th>
<th>Wed., February 12</th>
<th>Thurs., February 13</th>
<th>Friday, February 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country Chicken Biscuit</td>
<td>Assorted Cereal With Homemade Blueberry Pan Bread</td>
<td>Cinnamon Toast Crunch Pastry V</td>
<td>Toasted Croissant with Jelly</td>
<td>Raspberry Yogurt V</td>
</tr>
<tr>
<td>Orange Tangerine</td>
<td>Fruit Punch Juice Applesauce</td>
<td>Strawberry Kiwi Juice</td>
<td>Apple Juice</td>
<td>Homemade Blueberry Muffin Bread</td>
</tr>
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</tbody>
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This institution is an equal opportunity provider. Menus are subject to change.

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1 **AND ONLY!**

In a standard deck of playing cards, the King of Hearts is the **ONLY** King with a mustache. Happy Valentine’s Day!
### Breakfast Menu

**Monday, February 17**
- **Today’s Main Event**: Assorted Cereal with Texas Toast
  - Fruit Punch Juice
  - Applesauce
  - Milk

**Tuesday, February 18**
- **Today’s Main Event**: Chicken Biscuit
  - Strawberry Kiwi Juice
  - Fresh Banana
  - Milk

**Wednesday, February 19**
- **Today’s Main Event**: Raspberry Yogurt with Blueberry Pan Bread with Jelly
  - Apple Juice
  - Chilled Peaches
  - Milk

**Thursday, February 20**
- **Today’s Main Event**: Pancake N Link
  - Assorted Juice
  - Orange Wedges
  - Milk

**Friday, February 21**
- **Today’s Main Event**: Raspberry Yogurt with Homemade Blueberry Muffin Bread
  - Assorted Juice
  - Oranges Wedges
  - Milk

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**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

**Wednesday, February 26**
- Cinnamon Toast Crunch Pastry V
  - Strawberry Kiwi Juice
  - Fresh Banana
  - Milk

**Thursday, 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

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**Special Notes**

- **Presidents Day**: No School Today
- **February 19**: National Hot Potholder Day
- **February 20**: National Bagel Day
- **February 21**: National Waffle Day

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**Feature:**
- Every complete meal we serve comes with your choice of milk!