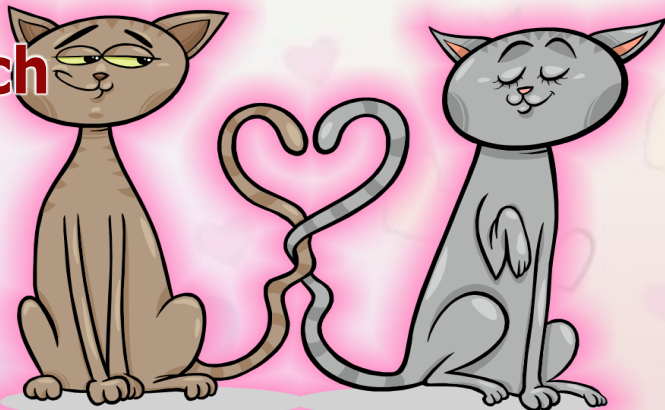


Middle School Lunch

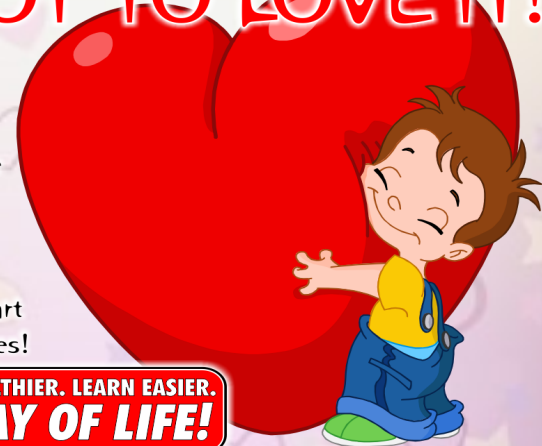
February 2020

DeKalb School District
School Nutrition Services



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!

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

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 (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 Brown Rice
Fish Filet Sandwich

Pairings (3-4)

Spinach Salad
Garden 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 with Roll
Garden Veggie Burger V

Pairings (3-4)

Mexicali Corn
Collard Greens
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Fresh Club Sub Plate

Thurs., February 6

Main Course

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

Pairings (3-4)

Mashed Potatoes
Deluxe Italian Green Beans
Chilled Pears
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

Pairings (3-4)

Lemon Kissed Kale
Roasted Carrots
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey Sub Plate

Monday, February 10

Main Course

Batter Up Franks Hamburger Deluxe

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

Pairings (3-4)

Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers

Garden Vegetarian Chef Salad V 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

Thurs., February 13

Main Course

BBQ Chicken with Roll
Wild Mike's Cheese Pizza V

Pairings (3-4)

Roasted Corn
Power Kale Salad
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers

Humming Bird Salad
Turkey Sub Plate

Friday, February 14

Main Course

Chicken Wings/Roll
Grilled Cheese

Pairings (3-4)

Garden Green Salad Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad Turkey Sub Plate

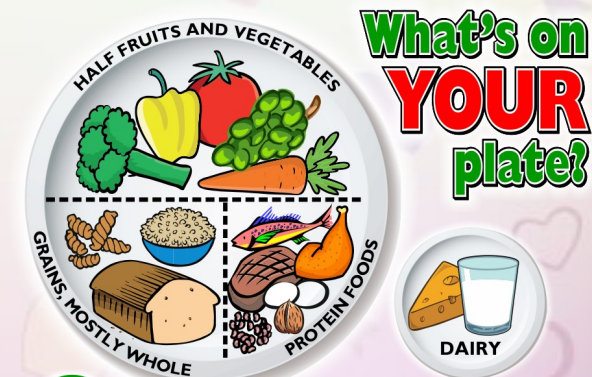
HAPPY VALENTINE'S DAY!



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!



What's on YOUR 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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 17

PRESIDENTS DAY

NO SCHOOL TODAY

Tuesday, February 18

Main Course
Lemon Grass Chicken with Brown Rice
Fish Fillet Sandwich

Pairings (3-4)
Spinach Salad
Garden Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Fruit & Yogurt Plate V
Fresh Turkey Sub Plate

Delectables
Dick & Jane Cookies
President Day Cookies

Wed., February 19

Main Course
Mesquite Chicken with Roll
Garden Veggie Burger V

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

Pairings (3-4)
Mashed Potatoes
Deluxe Italian Green Beans
Chilled Pears
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

Pairings (3-4)
Lemon Kissed Kale
Roasted Carrots
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey Sub Plate

Monday, February 24

Main Course
Batter Up Franks Hamburger Deluxe

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

Pairings (3-4)
Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears Seasonal Fresh Fruit

Movers & Shakers
Garden Vegetarian Chef Salad V
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

Thurs., February 27

Main Course
BBQ Chicken with Roll
Wild Mike's Cheese Pizza V

Pairings (3-4)
Roasted Corn
Power Kale Salad
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Humming Bird Salad
Turkey Sub Plate

Friday, February 28

Main Course
Chicken Wings/Roll
Grilled Cheese

Pairings (3-4)
Garden Green Salad Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Turkey Sub Plate

Available Daily

Milk with every Meal

Chef Salad

Vegetarian Option

A la Carte