Pre-K Lunch
Menu for
February
2020
DeKalb School District
School Nutrition Services

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!

A QUICK BITE FOR PARENTS

Monday, February 3
Cheese Dippers with Salsa V Coleslaw Chilled Mandarin Oranges Unflavored Milk

Tuesday, February 4
Lemon Grass Chicken with Rice
Spinach Salad
Chilled Fruit Medley
Unflavored Milk

Wednesday, February 5
Mesquite Chicken with Roll
Mexicali Corn
Banana
Unflavored Milk

Thursday, February 6
Breaded Beef Steak/Gravy/Roll
Mashed Potatoes Deluxe
Fresh Orange Wedges
Unflavored Milk

Friday, February 7
Wild Mike’s Cheese Pizza
Roasted Carrots
Chilled Pears
Unflavored Milk

HAPPY VALENTINE’S DAY!
FEBRUARY 14

“Inclement Weather Day” - Menu only if school is in session

This institution is an equal opportunity provider. Menus are subject to change.
### Week of February 17-21

#### Monday, February 17
- Lemon Grass Chicken with Rice
- Baked Sweet Potato
- Fresh Pear
- Unflavored Milk

#### Tuesday, February 18
- Mesquite Chicken with Roll
- Mexicali Corn
- Chilled Peaches
- Unflavored Milk

#### Wednesday, February 19
- Breaded Beef Steak/Gravy/Roll
- Green Beans
- Cinnamon Applesauce
- Fresh Orange Wedges
- Unflavored Milk

#### Thursday, February 20
- Wild Mike’s Cheese Pizza
- Lemon Kissed Kale
- Seasonal Fresh Fruit
- Unflavored Milk

#### Friday, February 21
- BBQ Chicken with Roll
- Farm to School Squash
- Fresh Apple
- Unflavored Milk

---

### Additional Notes
- **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!

---

### Breakfast Options
- **Type your breakfast choices here, or delete this section**
- **Lunch Options**
  - **Entree One**
  - **Entree Two**
  - **Sides and Extras**

---

### Daily Menu Highlights
- **What’s on Your Plate?**
  - **Available Daily**
  - **Milk with every Meal**
  - **Chef Salad**
  - **Vegetarian Option**
  - **A la Carte**