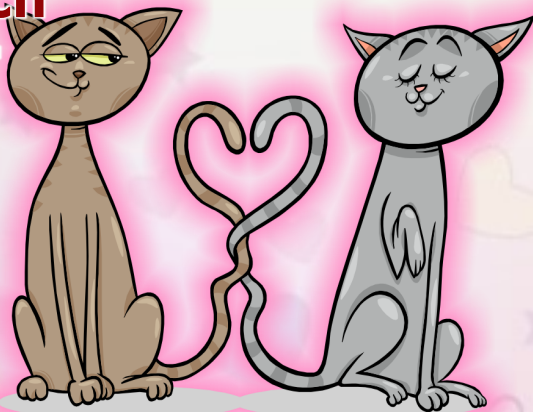


Pre-K Lunch Menu for

February
2020

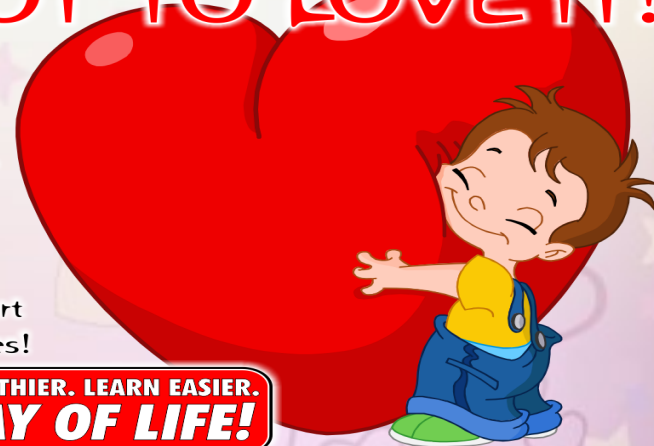
DeKalb School
District
School Nutrition Services



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

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

Wed., February 5

Mesquite Chicken with Roll
Mexicali Corn
Banana
Unflavored Milk

Thurs., 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

Monday, February 10

Cheeseburger Deluxe
Golden Crinkle Fries
Mandarin Oranges
Unflavored Milk

Tuesday, February 11

Maple Chicken Mega Minis with Texas
Roasted Sweet Potato
Spiced Baked Pears
Unflavored Milk

Wed., February 12

Beef & Cheese Nachos
Shredded Lettuce & Tomato
Banana
Unflavored Milk

Thur., February 13

Galaxy Cheese Pizza
Power Kale Salad
Fresh Apple
Unflavored Milk

Friday, February 14

Chicken Wings with Roll
Broccoli
Chilled Peaches
Unflavored Milk

"Inclement Weather Day" - Menu only if school is in session



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

Lemon Grass Chicken with Rice
Baked Sweet Potato
Fresh Pear
Unflavored Milk

Wed., February 19

Mesquite Chicken with Roll
Mexicali Corn
Chilled Peaches
Unflavored Milk

Thur., February 20

Breaded Beef Steak/Gravy/Roll
Green Beans
Cinnamon Applesauce
Fresh Orange Wedges
Unflavored Milk

Friday, February 21

Wild Mike's Cheese Pizza
Lemon Kissed Kale
Seasonal Fresh Fruit
Unflavored Milk

Monday, February 24

Batter Up Franks
Golden Crinkle Fries
Fresh Pear
Unflavored Milk

Tuesday, February 25

Maple Chicken Mega Minis with Texas Toast
Cucumber Salad
Fresh Orange Wedges
Unflavored Milk

Wed., February 26

Grilled Chicken Sandwich
Fiesta Black Beans
Applesauce
Unflavored Milk

Thur., February 27

BBQ Chicken with Roll
Farm to School Squash
Fresh Apple
Unflavored Milk

Friday, February 28

Grilled Cheese
Broccoli
Chilled Peaches
Unflavored Milk



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

