

HAPPY NEW YEAR

JANUARY 2020 ELEMENTARY LUNCH

DeKalb County School District



Pro Football
playoffs start
January 4th.
What team will
wear the crown
on Super Bowl
Sunday?



Monday, January 6

Main Course
Turkey Croissant with Turkey Bacon
Breaded Beef Steak/Gravy/Roll

Pairings (2-3)

Mashed Potatoes Deluxe
Italian Green Beans
Cinnamon Applesauce
Fresh Orange Wedges

Movers & Shakers
Fruit & Yogurt Plate V

Tuesday, January 7

Main Course
Mesquite Chicken with Roll
Garden Veggie Burger v

Pairings (2-3)

Mexicali Corn
Collard Greens
Chilled Peaches
Banana

Movers & Shakers
Fruit & Yogurt Plate V

Wednesday, January 8

Main Course
Lemon Grass Chicken with Brown
Rice
Fish Fillet Sandwich

Pairings (2-3)

Spinach Salad
Golden Baked Sweet Potato
Chilled Fruit Medley
Fresh Pear

Movers & Shakers
Vegetarian Chef Salad

Delectables
Dick & Janet Cookies

Thursday, January 9

Main Course
Texas Rodeo Turkey BBQ Sandwich
Cheese Dippers with Salsa V

Pairings (2-3)

Coleslaw
Baked Beans
Chilled Mandarin Oranges
Fresh Apple Wedges

Movers & Shakers
Chicken Strip Chef Salad

Friday, January 10

Main Course
Shrimp & Fish Basket with
Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza

Pairings (2-3)

Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers
Grilled Chicken Chef Salad

Monday, January 13

Main Course
Batter Up Franks
Cheeseburger Deluxe

Pairings (2-3)

Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Fresh Pear

Movers & Shakers
Garden Vegetarian Chef Salad Plate

Tuesday, January 14

Main Course
Maple Chicken Mega Minis with Texas
Toast
Fish Fillet Sandwich

Pairings (2-3)

Baked Sweet Potato
Cucumber Salad
Spiced Baked Pears
Fresh Orange Wedges

Movers & Shakers
Mixed Cheese Chef Salad V

Wednesday, January 15

Main Course
Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich

Pairings (2-3)

Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Banana

Movers & Shakers
Fajita Chicken Chef Salad

Thursday, January 16

Main Course
BBQ Chicken with Roll
Galaxy Cheese Pizza

Pairings (2-3)

Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Fresh Apple

Movers & Shakers
Grilled Chicken Chef Salad

Friday, January 17

Main Course
Surf & Turf with Cornbread
Grilled Cheese

Pairings (2-3)

Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Fruit & Yogurt Plate



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Choice of Milk Available with Every Meal.

This institution is an equal opportunity provider.

Monday, January 20



Tuesday, January 21

Main Course
Lemon Grass Chicken with Rice
Fish Fillet Sandwich

Pairings (2-3)
Spinach Salad
Baked Sweet Potato
Chilled Fruit Medley
Fresh Pear

Movers & Shakers
Fruit & Yogurt Plate V

Delectables
Dick & Janet Cookies

Wednesday, January 22

Main Course
Mesquite Chicken with Roll
Garden Veggie Burger V

Pairings (2-3)
Mexicali Corn
Farm to School Cabbage
Chilled Peaches
Banana

Movers & Shakers
Chicken Strip Chef Salad

*** Harvest of the Month ***

Thursday, January 23

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

Pairings (2-3)
Mashed Potatoes Deluxe
Italian Green Beans
Cinnamon Applesauce
Fresh Orange Wedges

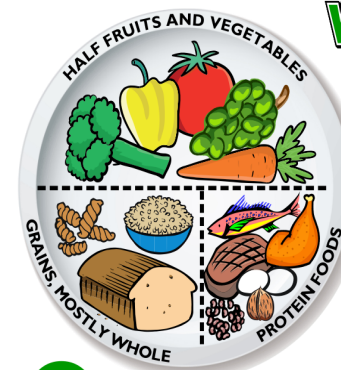
Movers & Shakers
Mediterranean Veggie Plate

Friday, January 24

Main Course
Shrimp & Fish Basket with
Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza

Pairings (2-3)
Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad



What's on
YOUR
plate?



Q: How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 27

Main Course
Batter Up Franks
Cheeseburger Deluxe

Pairings (2-3)
Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Fresh Pear

Movers & Shakers
Garden Vegetarian Chef Salad Plate V

Tuesday, January 28

Main Course
Maple Chicken Mega Minis with Texas
Toast
Fish Fillet Sandwich

Pairings (2-3)
Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Fresh Orange Wedges

Movers & Shakers
Mixed Cheese Chef Salad V

Wednesday, January 29

Main Course
Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich

Pairings (2-3)
Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Banana

Movers & Shakers
Fajita Chicken Chef Salad

Thursday, January 30

Main Course
BBQ Chicken with Roll
Galaxy Cheese Pizza

Pairings (2-3)
Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Fresh Apple

Movers & Shakers
Charbroiled Chicken Chef Salad

Friday, January 31

Main Course
Chicken Wings with Roll
Grilled Cheese

Pairings (2-3)
Garden Green Salad
Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Fruit & Yogurt Plate

DON'T GET!
To make a lunch,
choose at least one



or



DeKalb County School District

Available Daily

Vegetarian Option
Fresh Fruit
A la Carte

****Choice of Milk Available with Every Meal****