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
Pairings (2-3)
Mexicali Corn
Collard Greens
Chilled Peaches
Salsa
Movers & Shakers
Fruit & Yogurt Plate V

Wednesday, January 8
Main Course
Lemon Grass Chicken with Brown Rice
Pairings (2-3)
Mexicali Corn
Collard Greens
Chilled Peaches
Salsa
Movers & Shakers
Fruit & Yogurt Plate V

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
Avocado Salad
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

Choice of Milk Available with Every Meal. 

DeKalb County School District

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

This institution is an equal opportunity provider.
Monday, January 20

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

Delectables
Dick & Janet Cookies

Tuesday, January 21

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

Main Course
Mesquite Chicken with Roll Garden Veggie Burger V

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

Movers & Shakers
Chicken Strip Chef Salad

*** Harvest of the Month ***

Wednesday, January 22

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

Thursday, January 23

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

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

Movers & Shakers
Chicken Strip Chef Salad

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

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

Available Daily

Vegetarian Option
Fresh Fruit A la Carte

**Choice of Milk Available with Every Meal **

DON’T 4 GET!
To make a lunch, choose at least one
Grains or Fruit/Juice

3-5 items total

Veggie

DeKalb County School District

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/stayhealthy/food/pyramid.html