

HAPPY NEW YEAR

JANUARY 2020 MIDDLE SCHOOL 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, Lettuce & Tomato
Breaded Beef Steak/Gravy/Roll

Pairings (3-4)

Mashed Potatoes Deluxe
Italian Green Beans
Cinnamon Applesauce
Fresh Oranges Wedges

Movers & Shakers
Fruit & Yogurt Plate

Tuesday, January 7

Main Course

Mesquite Chicken with Roll
Garden Veggie Burger v

Pairings (3-4)

Mexicali Corn
Collard Greens
Chilled Peaches
Fresh Apple Wedges

Movers & Shakers
Fruit & Yogurt Plate

Wednesday, January 8

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
Vegetarian Chef Salad
Fresh Turkey Sub Plate

Delectables
Dick & Jane Cookies

Thursday, January 9

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
Grilled Chicken Chef Salad
Fresh Turkey & Cheese Club Sub

Friday, January 10

Main Course

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

Pairings (3-4)

Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey Sub Plate

Monday, January 13

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, January 14

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

Wednesday, January 15

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

Thursday, January 16

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, January 17

Main Course

Surf & Turf with Cornbread
Grilled Cheese

Pairings (3-4)

Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Turkey Sub 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

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, January 21

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

Wednesday, January 22

Main Course

Mesquite Chicken with Roll
Garden Veggie Burger v

Pairings (3-4)

Mexicali Corn
Farm to School Cabbage
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Fresh Club Sub Plate

*** Harvest of the Month ***

Thursday, January 23

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, January 24

Main Course

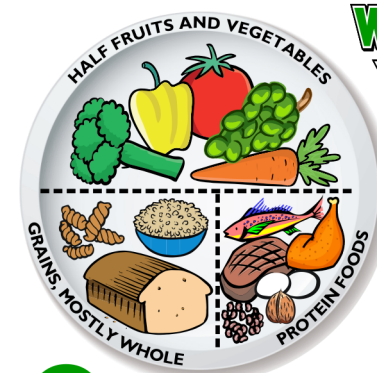
Shrimp & Fish Basket with
Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza

Pairings (3-4)

Lemon Kissed Kale
Roasted Carrots
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey Sub Plate



**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
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, January 28

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

Wednesday, January 29

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

Thursday, January 30

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, Feb 31

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

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****