



DeKalb County School District School Nutrition

This institution is an equal opportunity provider.

Menus are subject to change.

**Don't forget ! Set your
Clock Ahead on
March 8th!**



Monday, March 2

Main Course
Smoked Texas Rodeo
Turkey BBQ Sandwich
Cheese Dippers with Salsa **V**
Spicy Popcorn Chicken/Roll

Pairings (3-4)
Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey & Cheese Club
Sub

Tuesday, March 3

Main Course
Lemon Grass Chicken with
Rice
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)
Spinach Salad
Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Fruit & Yogurt Plate **V**
Fresh Turkey Sub Plate

Delectables
Dick & Jane Cookies

Wed., March 4

Main Course
Mesquite Chicken w/Roll
Garden Veggie Burger **V**
Meatloaf with Roll

Pairings (3-4)
Mexicali Corn
Collard Greens
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Fresh Club Sub Plate

Thurs., March 5

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

Chicken Fajitas

Pairings (3-4)
Mashed Potatoes Deluxe
Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers
Charbroiled Chicken Chef

Friday, March 6

Main Course
Shrimp & Fish Basket with
Macaroni & Cheese &
Cornbread
Wild Mike's Cheese Pizza
Chicken Tenders / Roll

Pairings (3-4)
Lemon Kissed Kale
Baked Sweet Potato
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey Sub

Monday, March 9

Main Course
Batter Up Franks
Breaded Chicken Sandwich
French Bread Pizza

Pairings (3-4)
Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers
Fruit & Yogurt Plate **V**
Turkey Sub Plate

Tuesday, March 10

Main Course
Nashville Hot Chicken with
Texas Toast
Fish Fillet Sandwich
Wild Mike's Pepperoni
Pizza

Pairings (3-4)
Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers
Garden Vegetarian Chef
Salad **V**

Wed., March 11

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

Delectables
Warm Chocolate Chip

Thurs., March 12

Main Course
Italian Spaghetti/ Roll
Chicken Tenders/Roll
Spinach Queso with
Flatbread

Pairings (3-4)
Power Kale Salad
Roasted Corn Chilled
Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Mixed Cheese Chef Salad
Fresh Turkey Sub Plate

Friday, March 13

Main Course
Surf & Turf with Cornbread
Pepperoni Galaxy Pizza
Grilled Cheese

Pairings (3-4)
Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Grilled Chicken Chef Salad
Fresh Turkey Sub

Available Daily

Milk with every Meal
Chef Salad
Sub Sandwich
Vegetarian Option
A la Carte

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition
and Dietetics

Monday, March 16

Main Course

Smoked Texas Rodeo
Turkey BBQ Sandwich
Cheese Dippers with Salsa V
Spicy Popcorn Chicken/Roll

Pairings (3-4)

Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey & Cheese Club

Tuesday, March 17

Main Course

Lemon Grass Chicken with Rice
Fish Filet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)

Spinach Salad
Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers

Fruit & Yogurt Plate V
Fresh Turkey Sub Plate

Delectables

Dick & Jane Cookies

Wed., March 18

Main Course

Mesquite Chicken w/Roll
Garden Veggie Burger V
Meatloaf with Roll

Pairings (3-4)

Mexicali Corn
Collard Greens
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Fresh Club Sub Plate

Thurs., March 19

Main Course

Turkey Croissant with Turkey Bacon, Lettuce & Tomato
Breaded Beef Steak/Gravy/ Roll
Chicken Fajita

Pairings (3-4)

Mashed Potatoes Deluxe
Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Chef

Friday, March 20

Main Course

Shrimp & Fish Basket with Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza
Chicken Tenders / Roll

Pairings (2-3)

Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers

Mixed Cheese Chef Salad
Fresh Turkey Sub

SPRING BREAK



Break begins at the end of classes:
April 3



Classes resume:
Mon., April 13

Monday, March 23

Main Course

Batter Up Franks
Breaded Chicken Sandwich
French Bread Pizza

Pairings (3-4)

Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Fruit & Yogurt Plate V
Turkey Sub Plate

Tuesday, March 24

Main Course

Nashville Hot Chicken with Texas Toast
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)

Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers

Garden Vegetarian Chef Salad V

Wed., March 25

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

Delectables

Warm Chocolate Chip

Thurs., March 26

Main Course

Italian Spaghetti/ Roll
Chicken Tenders/Roll
Spinach Queso with Flatbread

Pairings (3-4)

Power Kale Salad
Roasted Corn Chilled
Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers

Mixed Cheese Chef Salad
Fresh Turkey Sub Plate

Friday, March 27

Main Course

Surf & Turf with Cornbread
Pepperoni Galaxy Pizza
Grilled Cheese

Pairings (3-4)

Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Turkey & Cheese

Monday, March 30

Main Course

Smoked Texas Rodeo
Turkey BBQ Sandwich
Cheese Dippers with Salsa V
Spicy Popcorn Chicken/Roll

Pairings (3-4)

Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey & Cheese Sub

Tuesday, March 31

Urban School Food Alliance Day

Roasted Chicken w/Roll
Veggie Burger

Pairings (3-4)

Roasted Carrots & Broccoli
Kale Salad
Garden Vegetable Salad
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Fresh Club Sub Plate

With: Macaroni &

Wednesday, April 1

Main Course

Lemon Grass Chicken with Rice
Fish Filet Sandwich
Meatloaf with Roll

Pairings (3-4)

Spinach Salad
Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers

Fruit & Yogurt Plate V
Fresh Turkey Sub Plate

Delectables

Dick & Jane Cookies

Thursday, April 2

Main Course

Turkey Croissant with Turkey Bacon, Lettuce & Tomato
Breaded Beef Steak/Gravy/ Roll
Chicken Fajita

Pairings (3-4)

Mashed Potatoes
Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Chef

Friday, April 3

Main Course

Shrimp & Fish Basket with Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza
Chicken Tenders / Roll

Pairings (2-3)

Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers

Mixed Cheese Chef Salad
Fresh Turkey Sub



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