



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

Pairings (2-3)

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
Brown Rice
Fish Filet Sandwich

Pairings (2-3)

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

Pairings (2-3)

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

Pairings (2-3)

Mashed Potatoes
Deluxe Italian Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Salad

Friday, March 6

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
Fresh Turkey Sub Plate

Monday, March 9

Main Course

Batter Up Franks
Breaded Chicken Sandwich

Pairings (2-3)

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

Pairings (2-3)

Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers

Garden Vegetarian Salad V
Fresh Turkey Sub Plate

Wed., March 11

Main Course

Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich

Pairings (2-3)

Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Club Sub Plate

Thurs., March 12

Main Course

Italian Spaghetti/ Roll
Chicken Tenders/Roll

Pairings (2-3)

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
Cheese Galaxy Pizza

Pairings (2-3)

Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Chef
Salad
Fresh Turkey Sub

Available Daily

Milk with every Meal
Vegetarian Option
Fresh Fruit
Chef Salad

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**

Pairings (2-3)

Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey & Cheese Club
Sub

Tuesday, March 17**Main Course**

Lemongrass with Brown
Rice
Fish Fillet Sandwich

Pairings (2-3)

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**

Pairings (2-3)

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

Pairings (2-3)

Mashed Potatoes Deluxe
Italian Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Chef
Salad
Mediterranean Veggie Plate

Friday, March 20**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
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

Pairings (2-3)

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

Pairings (2-3)

Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers

Garden Vegetarian Chef
Salad **V**
Fresh Turkey Sub Plate

Wed., March 25**Main Course**

Beef & Cheese Nachos
Cheese Nachos **V** Grilled
Chicken Sandwich

Pairings (2-3)

Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Orange with Strawberry
Garnish

Movers & Shakers

Fajita Chicken Chef Salad
Club Sub Plate

Thurs., March 26**Main Course**

Italian Spaghetti/ Roll
Chicken Tenders/Roll

Pairings (2-3)

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
Cheese Galaxy Pizza

Pairings (2-3)

Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Chef
Salad
Fresh Turkey Sub

Monday, March 30**Main Course**

Smoked Texas Rodeo
Turkey BBQ Sandwich
Cheese Dippers with Salsa **V**

Pairings (2-3)

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
Garden Veggie Burger

Pairings (2-3)

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 Fillet Sandwich

Pairings (2-3)

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

Pairings (2-3)

Mashed Potatoes
Deluxe Italian Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Charbroiled Chicken Chef
Salad

Friday, April 3**Main Course**

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

Pairings (2-3)

Lemon Kissed Kale
Baked Sweet Potato
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey Sub



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