DeKalb County School District

Nutrition Express
NOVEMBER 2020

This institution is an equal opportunity provider. Menus are subject to change.

Monday, November 2
Breakfast
Frosted Flakes
Graham Crackers
Orange Tangerine Fruit Juice
Fresh Gala Apple
Lunch
Grilled Cheese* Carrot Sticks (9)
Ranch Dressing
Mandarin Oranges
Apple Juice
Shortbread Cookies
Meatless Monday:
Production Sites: Cheese Dippers

Tuesday, November 3
Cook at Home
Breakfast
Breaded Chicken Filet* with Biscuit
Apple Juice
Diced Peaches
Lunch
Chicken Tenders* with Breadstick
Celery Sticks (5)
Corn Salad
Ranch Dressing
Applesauce
Fresh Gala Apple

Wednesday, November 4
Breakfast
Assorted Cereal
Biscuit
Mixed Fruit Juice
Fresh Gala Apple
Lunch
Turkey Croissant Sandwich
Cucumber and Tomato Salad
Virgin Juice
Pretzels
Diced Pears
Mixed Berry Juice
Wings Wednesdays:
(Production sites only)

Thursday, November 5
Cook at Home
Breakfast
Cinnamon Toast Crunch Pastry
Orange Tangerine Juice
Red Delicious Apple
Lunch
Breaded Chicken* with Bun
Cherry Tomatoes with Ranch
Coleslaw
Ranch Dressing
Cinnamon Applesauce
Fruit Punch Juice

Friday, November 6
Breakfast
Frosted Mini Wheats
Graham Crackers
Orange Tangerine Juice
Red Delicious Apple
Lunch
Turkey Club Sub with Turkey
Bacon
Sliced Tomatoes/Shredded
Lettuce
Virgin Juice
Fruit Cocktail
Pretzels
Fiesta Friday:
(Production sites only)

Monday, November 9
Meatless Monday
Breakfast
Fruit Loops
Graham Crackers
Orange Tangerine Juice
Fresh Gala Apple
Lunch
Cheese Dip (2)
Tostitos Chips
Salsa
Carrot Sticks (9) with Ranch
Mandarin Oranges
Apple Juice
Shortbread Cookies
(Production Sites: Cheese Pizza)

Tuesday, November 10
Cook at Home
Breakfast
Strawberry Yogurt
Granola
Apple Juice
Diced Peaches
Lunch
Chicken Chunks with Breadstick
Corn Salad
Celery Sticks (5)
Ranch Dressing
Applesauce
Fresh Gala Apple

Wednesday, November 11
Breakfast
Frosted Mini Wheats
Graham Gold Fish
Orange Tangerine Juice
Red Delicious Apple
Lunch
Turkey Ham & Cheese on Croissant
Mayo
Cucumber and Tomato Salad
Virgin Juice
Orange Tangerine Juice
Coleslaw
Pretzels
Wings Wednesdays:
(Production sites only)

Thursday, November 12
Cook at Home
Breakfast
WG PopTarts (2 Pack)
Mixed Fruit Juice
Fresh Gala Apple
Lunch
Breaded Beef* with Bun
Cherry Tomatoes (6) with Ranch
Coleslaw
Virgin Juice
Apple Juice
Cinnamon Applesauce
Fruit Punch Juice

Friday, November 13
Breakfast
Frosted Mini Wheats with Biscuit
Orange Tangerine Juice
Red Delicious Apple
Lunch
Turkey Club Sub with Turkey
Bacon
Sliced Tomatoes/Shredded
Lettuce
Virgin Juice
Fruit Cocktail
Pretzels
Fiesta Friday:
(Production sites only)

Heroes in APRONS?!

You’ll forgive us if we think the folks who work on the front lines of our child nutrition program always make heroic efforts to feed our kids. But that’s never been more true than right now. The dedicated men and women who prepare and serve our meals make daily sacrifices so all of our community’s students can eat well, every day.

During this month of giving thanks, please join us in showing your appreciation for the work they do.

School Meals
We serve education every day™

Cook at Home *
Follow the directions below for preparing “Cook at Home” items*
Handling Instructions
Oven & Microwave Directions

Breaded Beef
Preheat oven to 350°F. From FROZEN, bake for 12 minutes. Heat product to a minimum internal temperature of 155°F.

Breaded Chicken Filet (Breakfast)
Preheat oven to 350°F. From FROZEN, bake for 20 minutes. Heat product to a minimum internal temperature of 165°F.

Breaded Chicken Filet (Lunch)
Preheat oven to 350°F. From FROZEN, bake for 20 minutes. Heat product to a minimum internal temperature of 165°F.

Chicken Tenders
Preheat oven to 350°F. From FROZEN, place pieces in a single layer on a lined sheet pan and heat for 20 minutes. For best product quality, heat product to a minimum internal temperature of 160°F.

Grilled Cheese
Product is Ready-to-Eat but for best quality: Preheat to 350°F. Bake Thawed product for 12 minutes or to an internal temperature of 160°F.

Pancake N Turkey Link
Microwave High—Froze: 30 seconds, turn and cook for 30 more seconds; Thawed: 20-25 seconds, turn then 20-25 seconds, and turn and cook 20-25 more seconds.
Conventional Oven—425°F - Frozen: 31-22 minutes: thawed 22-25 minutes. Heat to a minimum of 160°F.

All “Cook at Home” items are precooked.

Thank You

VETERANS’ DAY NOVEMBER 11™
Monday, November 16

**Breakfast**
- Frosted Flakes
- Graham Crackers
- Orange Tangerine Fruit Juice
- Fresh Gala Apple

**Lunch**
- Grilled Cheese *
- Carrot Sticks (9)
- Ranch Dressing
- Mandarin Oranges
- Apple Juice
- Shortbread Cookies
- Cheese Pizza
  (Production sites only)

---

Tuesday, November 17

**Breakfast**
- Cooked Chicken Filet* with Biscuit
- Apple Juice
- Diced Peaches

**Lunch**
- Chicken Tenders* with Breadstick
- Cherry Tomatoes (6) with Ranch
- VBlend Juice
- Ranch Dressing
- Applesauce
- Fruit Punch Juice

---

Wednesday, November 18

**Breakfast**
- Assorted Cereal with Biscuit
- Mixed Fruit Juice
- Fresh Gala Apple

**Lunch**
- Turkey Croissant Sandwich
- Cucumber and Tomato Salad
- Celery Sticks (5)
- Pretzels
- Diced Pears
- Mixed Berry Juice
- Roast Turkey/Dressing
  (Production sites only)

---

Thursday, November 19

**Breakfast**
- Cooked Chicken* with Bun
- Coleslaw
- VBlend Juice
- Ranch Dressing
- Cinnamon Applesauce
- Fruit Punch Juice

---

Friday, November 20

**Breakfast**
- Frosted Mini Wheats
- Graham Crackers
- Orange Tangerine Juice
- Red Delicious Apple

**Lunch**
- Chicken Salad Croissant
  Chips & Salsa
- Summer Corn Salad
- Fruit Cocktail
- Mixed Berry Juice
- Fiesta Friday
  (Production sites only)

---

Monday, November 30

**Meatless Monday**

**Breakfast**
- Fruit Loops
- Graham Crackers
- Orange Tangerine Juice
- Fresh Gala Apple

**Lunch**
- Cheese Dip (2)
- Tostito Chips
- Salsa
- VBlend Juice
- Mandarin Oranges
- Apple Juice
- Shortbread Cookies
  (Production Sites: Cheese Pizza)

---

Tuesday, December 1

**Breakfast**
- Strawberry Yogurt
- Granola
- Apple Juice
- Diced Peaches

**Lunch**
- Chicken Chunks with Breadstick
- Corn Salad
- Celery Sticks (5)
- Ranch Dressing
- Applesauce
- Fruit Punch Juice

---

Wednesday, December 2

**Breakfast**
- Frosted Mini Wheats
- Graham Gold Fish
- Orange Tangerine Juice
- Red Delicious Apple

**Lunch**
- Turkey Ham & Cheese on Croissant
- Mayo
- Carrot Sticks (9)
- Orange Tangerine Juice
- Fruit Cocktail
- Wings Wednesdays:
  (Production sites only)

---

Thursday, December 3

**Breakfast**
- Cooked Chicken* with Bun
- Coleslaw
- VBlend Juice
- Ranch
- Coleslaw
- Cinnamon Applesauce
- Fruit Punch Juice**

---

Friday, December 4

**Breakfast**
- Frosted Mini Wheats with Biscuit
- Orange Tangerine Juice
- Red Delicious Apple

**Lunch**
- Turkey Club Sub with Turkey Bacon
- Cucumber and Tomato Salad
- VBlend Juice
- Fruit Cocktail
- Mixed Berry Juice
- Pretzels
- Fiesta Friday
  (Production sites only)

---

**Q:** Why is it always a good idea to have a turkey in a band?

**A:** Because he brings his own drumsticks! Turkey drumsticks have dark meat because turkeys can’t fly! Since turkeys get around by walking, their legs have higher levels of “Lycopodium” which helps move oxygen to their muscles - and which also makes the meat in their legs darker. It doesn’t make them better drummers, though!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay_healthy/foodpyramid.html](http://kidshealth.org/kid/stay_healthy/foodpyramid.html)