

# The original value meal & still a fantastic deal!

**Breakfast**      **Lunch**

**FREE STUDENT MEALS**

**SY 21-22**

**DeKalb County School  
District**

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

## MIDDLE LUNCH OCTOBER 2021

**Thursday, October 1**

### Entrees

BBQ Chicken with Roll  
Baked Ziti with Roll V

### Sides (3-4)

Tossed Salad  
Baked Beans  
Sliced Peaches  
Assorted Fresh Fruit

### Grab-N-Go

BLT Cobb Salad

**Monday, October 4**

### Entrees

Grilled Cheese V  
Burrito Bowl V

### Sides (3-4)

Lemon Roasted Carrots &  
Broccoli  
Mixed Green Salad  
Assorted Fresh Fruit

### Grab-N-Go

Club Med Chef Salad V

**Tuesday, October 5**

### Entrees

Hamburger  
Bean & Cheese Burrito V

### Sides (3-4)

Lettuce Tomato with Dill Pickle  
Crinkle Fries  
Mandarin Oranges  
Assorted Juice

### Grab-N-Go

Turkey Bacon Ranch Salad

**Wednesday, October 6**

### Entrees

Buffalo Chicken /Roll  
Breaded Beef Sandwich

### Sides (3-4)

Roasted Sweet Potatoes  
Caribbean Cabbage  
Fruit Cocktail  
Assorted Fresh Fruit

### Grab-N-Go

Summer Vegetarian Salad V

**Thursday, October 7**

### Entrees

BBQ Sandwich  
Fish Sandwich

### Sides (3-4)

Baked Beans  
Tossed Salad  
Cinnamon Applesauce  
Assorted Juice

### Grab-N-Go

Vegetarian Chef Salad V

**Friday, October 8**

### Entrees

Big Mike's Cheese Pizza V  
Turkey Ham Sub Sandwich

### Sides (3-4)

Steamed Broccoli  
Whole Kernel Corn  
Sliced Peaches  
Assorted Fresh Fruit

### Grab-N-Go

Charbroiled Chicken Chef

**Get in touch with us today to learn more  
about**

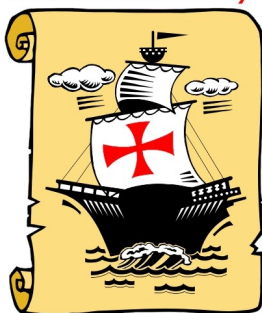
**free and reduced-price meals in our district:  
schoolnutrition@dekalbschoolsga.org**

## Supply Chain Update

School Nutrition Services is currently  
facing unprecedented supply chain  
shortages.

Please know that we are working closely  
with our vendor to secure the food and  
supplies needed to support our program.  
While it is our goal to serve the posted  
menu each day at every school, this may  
not be possible until the supply chain  
issues are resolved. Please know that we  
will work hard to find the best possible  
substitutions available!

**Monday, October 11**  
**Columbus Day**



**No School**

**Tuesday, October 12**

### Entrees

Nashville Hot Chicken with Roll  
Caesar Chicken Wrap

### Sides (3-4)

Broccoli  
Rustic Glazed Carrots  
Applesauce  
Assorted Juice

### Grab-N-Go

Southwest Salad V

**Wednesday, October 13**

### Entrees

Breaded Chicken Sandwich  
Vegetarian Lasagna with Texas  
Toast

### Sides (3-4)

Cucumber Salad  
Sweet Potato Boat  
Pineapple Tidbits  
Assorted Fresh Fruit

### Grab-N-Go

Charbroiled Chicken Chef Salad

**Thursday, October 14**

### Entrees

Cheeseburger  
Turkey BLT On Croissant

### Sides (3-4)

Loaded Mashed Potatoes  
Kale Salad  
Fruit Cocktail  
Assorted Juice

### Grab-N-Go

Vegetarian Chef Salad V

**Friday, October 15**

### Entrees

BBQ Chicken with Roll  
Baked Ziti with Roll V

### Sides (3-4)

Tossed Salad  
Baked Beans  
Sliced Peaches  
Assorted Fresh Fruit

### Grab-N-Go

BLT Cobb Salad  
Yogurt Fruit Plate

**Choice of Milk is available with all meals**

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### Monday, October 18

#### Entrees

Grilled Cheese V  
Burrito Bowl V

#### Sides (3-4)

Lemon Roasted Carrots &  
Broccoli  
Mixed Green Salad  
Assorted Fresh Fruit

#### Grab-N-Go

Club Med Chef Salad V

### Tuesday, October 19

#### Entrees

Hamburger  
Bean & Cheese Burrito V

#### Sides (3-4)

Lettuce Tomato with Dill Pickle  
Crinkle Fries  
Mandarin Oranges  
Assorted Juice

#### Grab-N-Go

Turkey Bacon Ranch Salad

### Wednesday, October 20

#### Entrees

Buffalo Chicken /Roll  
Breaded Chicken Sandwich

#### Sides (3-4)

Roasted Sweet Potatoes  
\*Caribbean Cabbage  
Fruit Cocktail  
Assorted Fresh Fruit

#### Grab-N-Go

Summer Vegetarian Salad

### Thursday, October 21

#### Entrees

BBQ Sandwich  
Fish Sandwich

#### Sides (3-4)

Baked Beans  
Tossed Salad  
Cinnamon Applesauce  
Assorted Juice

#### Grab-N-Go

Vegetarian Chef Salad V

### Friday, October 22

#### Entrees

Big Mike's Cheese Pizza V  
Turkey Ham Sub Sandwich

#### Sides (3-4)

Broccoli  
Corn  
Sliced Peaches  
Assorted Fresh Fruit

#### Grab-N-Go

Charbroiled Chicken Chef Salad

### Monday, October 25

#### Entrees

French Bread Pizza V  
Bean & Cheese Burrito V

#### Sides (3-4)

Mixed Green Salad  
Whole Kernel Corn  
Mandarin Oranges  
Assorted Fresh Fruit

#### Grab-N-Go

Spinach Chef Salad V



### Tuesday, October 26

#### Entrees

Spicy Chicken Nuggets with Roll  
Caesar Chicken Wrap

#### Sides (3-4)

Broccoli  
Rustic Glazed Carrots  
Applesauce  
Assorted Juice

#### Grab-N-Go

Southwest Salad V



### Wednesday, October 27

#### Entrees

Breaded Chicken Sandwich  
Vegetarian Lasagna with Texas  
Toast

#### Sides (3-4)

Cucumber Salad  
Sweet Potato Boat  
Pineapple Tidbits  
Assorted Fresh Fruit

#### Grab-N-Go

Charbroiled Chicken Chef Salad



### Thursday, October 28

#### Entrees

Cheeseburger  
Turkey BLT On Croissant

#### Sides (3-4)

Loaded Mashed Potatoes  
Kale Salad  
Fruit Cocktail  
Assorted Juice

#### Grab-N-Go

Vegetarian Chef Salad V



### Friday, October 29

#### Entrees

BBQ Chicken with Roll  
Baked Ziti with Roll V

#### Sides (3-4)

Tossed Salad  
Baked Beans  
Sliced Peaches  
Assorted Fresh Fruit

#### Grab-N-Go

BLT Cobb Salad  
Yogurt Fruit Plate



## School Meal Deal PICK 3 FOR FREE

Does your student take their lunch to school?

Let School Nutrition Service Help Fill Their Lunch Box!



This year, School Lunch is free for all students! For our students that still want to bring their lunch, let School Nutrition Services help! Just remember:

Select any THREE items such as a fruit, veggie & milk = FREE!

Enjoy a complete nutritious meal or the PICK 3 SCHOOL MEAL DEAL!

This institution is an equal opportunity provider.

**YOU NEVER KNOW WHAT YOU  
MIGHT RUN INTO OUT THERE!**



**STAY ALERT & BE SAFE!**