## DeKalb County School District

### High School Lunch

**SEPTEMBER 2021**

### DeKalb County School District

*This institution is an equal opportunity provider.*

#### Ripple Effect

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what is the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

### Menus

<table>
<thead>
<tr>
<th>Date</th>
<th>Entrees</th>
<th>Sides (3-4)</th>
<th>Specials</th>
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</thead>
<tbody>
<tr>
<td><strong>Tuesday, September 7</strong></td>
<td><strong>Entrees</strong>&lt;br&gt;BBQ Sandwich&lt;br&gt;Vegetable Burger V</td>
<td><strong>Sides (3-4)</strong>&lt;br&gt;Lettuce Tomato with Dill Pickle&lt;br&gt;Crinkle Fries&lt;br&gt;Mandarin Oranges&lt;br&gt;Assorted Juice</td>
<td><strong>Grab-N-Go</strong>&lt;br&gt;Turkey Bacon Ranch Salad</td>
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<td><strong>Wednesday, September 8</strong></td>
<td><strong>Entrees</strong>&lt;br&gt;Buffalo Chicken /Roll&lt;br&gt;Breaded Beef Sandwich</td>
<td><strong>Sides (3-4)</strong>&lt;br&gt;Roasted Sweet Potatoes&lt;br&gt;Caribbean Cabbage&lt;br&gt;Fruit Cocktail&lt;br&gt;Assorted Fresh Fruit</td>
<td><strong>Grab-N-Go</strong>&lt;br&gt;Summer Vegetarian Salad V</td>
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<td><strong>Thursday, September 9</strong></td>
<td><strong>Entrees</strong>&lt;br&gt;Beef &amp; Cheese Nachos&lt;br&gt;Grilled Cheese Nachos V</td>
<td><strong>Sides (3-4)</strong>&lt;br&gt;Steamed Broccoli&lt;br&gt;Whole Kernel Corn&lt;br&gt;Pineapple Tidbits&lt;br&gt;Assorted Fresh Fruit</td>
<td><strong>Grab-N-Go</strong>&lt;br&gt;Chicken Strip Chef Salad</td>
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<td><strong>Friday, September 10</strong></td>
<td><strong>Entrees</strong>&lt;br&gt;Big Mike’s Cheese Pizza V&lt;br&gt;Turkey Ham Sub Sandwich</td>
<td><strong>Sides (3-4)</strong>&lt;br&gt;Charbroiled Chicken Chef Salad</td>
<td><strong>Grab-N-Go</strong>&lt;br&gt;BLT Cobb Salad</td>
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### Extra Information

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

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*Get in touch with us today to learn more about free and reduced-price meals in our district:* schoolnutrition@dekalbschoolsga.org

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*The original value meal & still a fantastic deal!*
Meatless Monday

Entrees
- Cheese Dippers with Salsa V
- Burrito Bowl V

Sides (3-4)
- Mixed Green Salad
- Mexican Corn
- Mandarin Oranges
- Assorted Fresh Fruit

Grab-N-Go
- Spinach Chef Salad

**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

**Entrees**
- Nashville Hot Chicken /Roll
- Turkey & Cheese Sub Sandwich

**Sides (3-4)**
- Steamed Broccoli
- Rustic Glazed Carrots
- Applesauce
- Assorted Juice

**Grab-N-Go**
- Southwest Salad V

**Entrees**
- Breaded Chicken Sandwich
- Vegetarian Lasagna with Texas Toast V

**Sides (3-4)**
- Cucumber Salad
- Sweet Potato Boat
- Pineapple Tidbits
- Assorted Fresh Fruit

**Grab-N-Go**
- Charbroiled Chicken Chef Salad

**Entrees**
- Country Beef Steak /Gravy with Roll
- Turkey BLT On Croissant

**Sides (3-4)**
- Loaded Mashed Potatoes
- Kale Salad
- Fruit Cocktail
- Assorted Juice

**Grab-N-Go**
- BLT Cobb Salad

**Entrees**
- Big Mike’s Cheese Pizza V
- Turkey Ham Sub Sandwich

**Sides (3-4)**
- Steamed Broccoli
- Corn
- Sliced Peaches
- Fresh Apples (Crunch for Lunch)

**Grab-N-Go**
- Charbroiled Chicken Chef Salad

**Entrees**
- Beef & Cheese Nachos
- Cheese Nachos V
- Fish Sandwich

**Sides (3-4)**
- Mexican Black Beans
- Tossed Salad
- Cinnamon Applesauce
- Assorted Juice

**Grab-N-Go**
- Chicken Strip Chef Salad

**Entrees**
- Buffalo Chicken /Roll
- Breaded Beef Sandwich

**Sides (3-4)**
- Roasted Sweet Potatoes
- Caribbean Cabbage
- Fruit Cocktail
- Assorted Juice

**Grab-N-Go**
- Turkey Bacon Ranch Salad

**Entrees**
- Nashville Hot Chicken /Roll
- Turkey & Cheese Sub Sandwich

**Sides (3-4)**
- Broccoli
- Rustic Glazed Carrots
- Applesauce
- Assorted Juice

**Grab-N-Go**
- Southwest Salad V

**Entrees**
- Breaded Chicken Sandwich
- Vegetarian Lasagna with Texas Toast V

**Sides (3-4)**
- Cucumber Salad
- Sweet Potato Boat
- Pineapple Tidbits
- Assorted Fresh Fruit

**Grab-N-Go**
- Charbroiled Chicken Chef Salad

**Entrees**
- BBQ Chicken /Roll
- Baked Ziti V

**Sides (3-4)**
- Tossed Salad
- Baked Beans
- Sliced Peaches
- Assorted Fresh Fruit

**Grab-N-Go**
- BLT Cobb Salad

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