

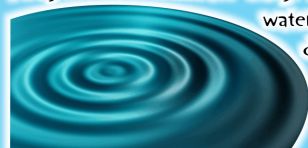
MIDDLE SCHOOL LUNCH SEPTEMBER 2021

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's 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!**

Wednesday, September 1

Entrees

Roasted Chicken Wings with Texas Toast

Vegetarian Lasagna with Texas Toast

Sides (3-4)

Sweet Potato Boat
Celery Sticks/Ranch
Pineapple Tidbits
Assorted Fresh Fruit

Grab-N-Go

Charbroiled Chicken Chef Salad

Thursday, September 2

Entrees

Beef Steak /Gravy with Roll
Turkey BLT On Croissant

Sides (3-4)

Loaded Mashed Potatoes
Kale Salad
Fruit Cocktail
Assorted Juice

Grab-N-Go

Mixed Cheese Chef Salad V

Friday, September 3

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, August 6

Entrees

Cheese Dippers with Salsa 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, September 7

Entrees

BBQ Sandwich
Veggie Burger V

Sides (3-4)

Lettuce Tomato with Dill Pickle
Crinkle Fries
Mandarin Oranges
Assorted Juice

Grab-N-Go

Turkey Bacon Ranch Salad

Wednesday, September 8

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, September 9

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

Friday, September 10

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

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

Breakfast

Lunch

FREE Students Meals
SY 21-22

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



Choice of Milk is available with all meals

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Meatless Monday



Monday, , September 13

Entrees

French Bread Pizza V
Bean & Cheese Burrito V

Sides (3-4)

Mixed Green Salad
Mexicali Corn
Mandarin Oranges
Assorted Fresh Fruit

Grab-N-Go

Yogurt & Fruit Plate

Tuesday, September 14

Entrees

Nashville Hot Chicken with Roll
Turkey & Cheese Sub Sandwich

Sides (3-4)

Broccoli
Rustic Glazed Carrots
Applesauce
Assorted Juice

Grab-N-Go

Southwest Salad V

Wednesday, September 15

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, September 16

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

Vegetarian Chef Salad V

Friday, September 17

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, September 20

Entrees

Cheese Dippers with Salsa 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, September 21

Entrees

BBQ Sandwich
Veggie Burger V

Sides (3-4)

Lettuce Tomato with Dill Pickle
Crinkle Fries
Mandarin Oranges
Assorted Juice

Grab-N-Go

Turkey Bacon Ranch Salad

With: *Warm Chocolate Chip*

Wednesday, September 22

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, September 23

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

Friday, September 24

Entrees

Big Mike's Cheese Pizza V
Turkey Ham Sub Sandwich

Sides (3-4)

Broccoli
Corn
Sliced Peaches

Fresh Apples

(Crunch for Lunch Day)

Grab-N-Go

Charbroiled Chicken Chef Salad

CRUNCH 4 LUNCH A celebration of Georgia Apples



September 24, 2021



Monday, September 27

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, September 28

Entrees

Nashville Hot Chicken with Roll
Turkey & Cheese Sub Sandwich

Sides (3-4)

Broccoli
Rustic Glazed Carrots
Applesauce
Assorted Juice

Grab-N-Go

Southwest Salad V

Wednesday, September 29

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, September 30

Entrees

Country Beef Steak /Gravy & Roll
Turkey BLT On Croissant

Sides (3-4)

Loaded Mashed Potatoes
Kale Salad
Fruit Cocktail
Assorted Juice

Grab-N-Go

Mixed Cheese Chef Salad V

Friday, 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

Milk is available with all meals

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