

# PRE-K SCHOOL LUNCH SEPTEMBER 2021

**DeKalb County School District**

This institution is an equal opportunity provider.

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

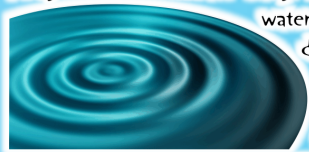
**Breakfast Lunch**

**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](mailto:schoolnutrition@dekalbschoolsga.org)

## 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

Roasted Chicken Wings with Texas  
Toast  
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

**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



**NO SCHOOL  
MONDAY,  
SEPTEMBER 6**

### 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  
Turkey Ham Sub Sandwich  
  
**Sides (3-4)**  
Steamed Broccoli  
Whole Kernel Corn  
Sliced Peaches  
Assorted Fresh Fruit  
  
**Grab-N-Go**  
Charbroiled Chicken Chef



Choice of Milk is available with all meals

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# Meatless Monday



**Monday, September 13**

## Entrees

French Bread Pizza V

## Sides (3-4)

Mixed Green Salad  
Mexicali Corn  
Mandarin Oranges

## Grab-N-Go

Yogurt & Fruit Plate

**Tuesday, September 14**

## Entrees

Maple Mega Chicken with Roll

## Sides (3-4)

Broccoli  
Rustic Glazed Carrots  
Applesauce

## Grab-N-Go

Southwest Salad V

**Wednesday, September 15**

## Entrees

Breaded Chicken Sandwich

## Sides (3-4)

Cucumber Salad  
Sweet Potato Boat  
Assorted Fresh Fruit

## Grab-N-Go

Sunbutter Salad Plate

**Thursday, September 16**

## Entrees

Country Beef Steak /Gravy with Roll

## Sides (3-4)

Loaded Mashed Potatoes  
Kale Salad  
Fruit Cocktail

## Grab-N-Go

Vegetarian Chef Salad V

**Friday, September 17**

## Entrees

Baked Ziti Roll V

## Sides (3-4)

Tossed Salad  
Baked Beans  
Sliced Peaches

## Grab-N-Go

BLT Cobb Salad

**Monday, September 20**

## Entrees

Cheese Dippers with Salsa

## 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

## Sides (3-4)

Lettuce Tomato with Dill Pickle  
Crinkle Fries  
Mandarin Oranges

## Grab-N-Go

Sunbutter & Jelly Plate

**Wednesday, September 22**

## Entrees

Buffalo Chicken /Roll

## Sides (3-4)

Roasted Sweet Potatoes  
\*Caribbean Cabbage  
Assorted Fresh Fruit

## Grab-N-Go

Summer Vegetarian Salad V

**Thursday, September 23**

## Entrees

Beef & Cheese Nachos  
Cheese Nachos V

## Sides (3-4)

Mexican Black Beans  
Tossed Salad  
Cinnamon Applesauce

## Grab-N-Go

Chicken Strip Chef Salad

**Friday, September 24**

## Entrees

Big Mike's Cheese Pizza

## Sides (3-4)

Broccoli  
Corn  
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

Bean & Cheese Burrito V

## Sides (3-4)

Mixed Green Salad  
Whole Kernel Corn  
Mandarin Oranges

## Grab-N-Go

Yogurt & Fruit Plate

**Tuesday, September 28**

## Entrees

Maple Mega Chicken with Roll

## Sides (3-4)

Broccoli  
Rustic Glazed Carrots  
Applesauce

## Grab-N-Go

Southwest Salad V

**Wednesday, September 29**

## Entrees

Breaded Chicken Sandwich

## Sides (3-4)

Cucumber Salad  
Sweet Potato Boat  
Assorted Fresh Fruit

## Grab-N-Go

Sunbutter & Jelly Plate

**Thursday, September 30**

## Entrees

Country Beef Steak /Gravy & Roll

## Sides (3-4)

Loaded Mashed Potatoes  
Kale Salad  
Fruit Cocktail

## Grab-N-Go

Mixed Cheese Chef Salad V

**Friday, October 1**

## Entrees

Baked Ziti with Roll V

## Sides (3-4)

Tossed Salad  
Baked Beans  
Sliced Peaches

## Grab-N-Go

BLT Cobb Salad

Milk is available with all meals

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