

HAPPY NEW YEAR

JANUARY 2020 HIGH SCHOOL LUNCH

DeKalb County School District



Pro Football playoffs start January 4th. What team will wear the crown on Super Bowl Sunday?



Monday, January 6

Main Course

Turkey Croissant with Turkey Bacon
Breaded Beef Steak/Gravy/Roll
Chicken Breast Tenders with Roll

Pairings (3-4)

Mashed Potatoes Deluxe
Italian Green Beans
Cinnamon Applesauce
Fresh Orange Wedge

Movers & Shakers

Fruit & Yogurt Plate

Tuesday, January 7

Main Course

Mesquite Chicken with Roll
Garden Veggie Burger v
Meatloaf with Roll

Pairings (3-4)

Mexicali Corn
Collard Greens
Chilled Peaches
Fresh Apple Wedges

Movers & Shakers

Fruit & Yogurt Plate

Wed., January 8

Main Course

Lemon Grass Chicken with Rice
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)

Spinach Salad
Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers

Vegetarian Chef
Fresh Turkey Sub Plate

Delectables

Dick & Jane Cookies

Thursday, January 9

Main Course

Smoked Texas Rodeo Turkey BBQ Sandwich
Cheese Dippers with Salsa V
Spicy Popcorn Chicken / Roll

Pairings (3-4)

Coleslaw
Baked Beans
Chilled Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey & Cheese Club Sub

Friday, January 10

Main Course

Shrimp & Fish Basket with Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza
Chicken Filet Sandwich

Pairings (3-4)

Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Fresh Turkey Sub Plate

Monday, January 13

Main Course

Batter Up Franks
Cheeseburger Deluxe
French Bread Pizza V

Pairings (3-4)

Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers

Fruit & Yogurt Plate v
Turkey Sub Plate

Tuesday, January 14

Main Course

Nashville Hot Chicken with Texas Toast
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)

Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers

Garden Vegetarian Chef Salad v
Fresh Turkey Sub Plate

Wed., January 15

Main Course

Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich

Pairings (3-4)

Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Seasonal Fresh Fruit

Movers & Shakers

Fajita Chicken Chef Salad
Club Sub Plate

Delectables

Warm Chocolate Chip Cookie

Thursday, January 16

Main Course

BBQ Chicken with Roll
Wild Mike's Cheese Pizza
Spinach Queso with Flatbread V

Pairings (3-4)

Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers

Humming Bird Salad
Fresh Turkey Sub Plate

Friday, January 17

Main Course

Surf & Turf with Cornbread
Grilled Cheese V
Spicy Chicken Sandwich

Pairings (3-4)

Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers

Chicken Strip Chef Salad
Turkey & Cheese



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Choice of Milk Available with Every Meal.

This institution is an equal opportunity provider.

Monday, January 20



Tuesday, January 21

Main Course
Lemon Grass Chicken with Rice
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)
Spinach Salad
Baked Sweet Potato
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Fruit & Yogurt Plate V
Fresh Turkey Sub Plate

Delectables
Dick & Jane Cookies

Wed., January 22

Main Course
Mesquite Chicken with Roll
Garden Veggie Burger v
Meatloaf with Roll

Pairings (3-4)
Mexicali Corn
Farm to School Cabbage
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Fresh Club Sub Plate

*** Harvest of the Month ***

Thursday, January 23

Main Course
Turkey Croissant with Turkey
Bacon, Lettuce & Tomato
Breaded Beef Steak/Gravy/Roll
Chicken Breast Tenders with Roll

Pairings (3-4)
Mashed Potatoes Deluxe
Italian Green Beans
Cinnamon Applesauce
Seasonal Fresh Fruit

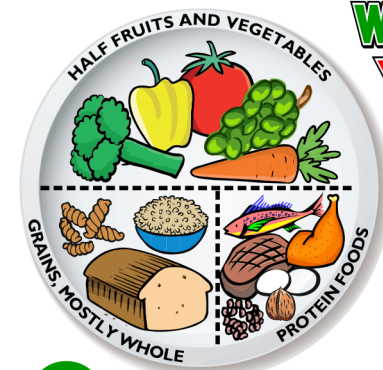
Movers & Shakers
Charbroiled Chicken Chef Salad
Mediterranean Veggie Plate

Friday, January 24

Main Course
Shrimp & Fish Basket with
Macaroni & Cheese & Cornbread
Wild Mike's Cheese Pizza
Chicken Fillet Sandwich

Pairings (3-4)
Lemon Kissed Kale
Roasted Carrots
Chilled Pears
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Fresh Turkey Sub Plate



What's on
YOUR
plate?



Q: How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/bvramid.html

Monday, January 27

Main Course
Batter Up Franks
Cheeseburger Deluxe
French Bread Pizza V

Pairings (3-4)
Lettuce/Tomato/Pickle
Golden Crinkle Fries
Mandarin Oranges
Seasonal Fresh Fruit

Movers & Shakers
Fruit & Yogurt Plate V
Turkey Sub Plate

Tuesday, January 28

Main Course
Nashville Hot Chicken with Texas Toast
Fish Fillet Sandwich
Wild Mike's Pepperoni Pizza

Pairings (3-4)
Roasted Sweet Potato
Cucumber Salad
Spiced Baked Pears
Seasonal Fresh Fruit

Movers & Shakers
Garden Vegetarian Chef Salad V
Fresh Turkey Sub Plate

Wed., January 29

Main Course
Beef & Cheese Nachos
Cheese Nachos V
Grilled Chicken Sandwich

Pairings (3-4)
Shredded Lettuce & Tomato
Fiesta Black Beans
Applesauce
Seasonal Fresh Fruit

Movers & Shakers
Fajita Chicken Chef Salad
Club Sub Plate

Delectables
Warm Chocolate Chip Cookie

Thursday, January 30

Main Course
BBQ Chicken with Roll
Wild Mike's Cheese Pizza
Spinach Queso with Flatbread

Pairings (3-4)
Power Kale Salad
Roasted Corn
Chilled Fruit Medley
Seasonal Fresh Fruit

Movers & Shakers
Humming Bird Salad
Fresh Turkey Sub Plate

Friday, Feb 31

Main Course
Surf & Turf with Cornbread
Grilled Cheese
Spicy Chicken Sandwich

Pairings (3-4)
Garden Green Salad
Steamed Broccoli
Chilled Peaches
Seasonal Fresh Fruit

Movers & Shakers
Chicken Strip Chef Salad
Turkey & Cheese

DON'T GET!
To make a lunch,
choose at least one



or



DeKalb County School District

