DeKalb County School District

Monday, January 6

Main Course
Turkey Croissant with Turkey
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
Vegetarian Chef
Fresh Turkey Sub Plate

Delectables
Dick & Jane Cookies

Wednesday, January 8

Main Course
Lemon Grass Chicken with Rice
Fish Filet 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
Warm Chocolate Chip Cookie

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

Choice of Milk Available with Every Meal.

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

CAND 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!

This institution is an equal opportunity provider.
**Monday, January 20**

**Main Course**
- Lemon Grass Chicken with Rice
- Fish Filet 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

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**Tuesday, January 21**

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

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

**Movers & Shakers**
- Fajita Chicken Chef Salad
- Fresh Club Sub Plate

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**Wednesday, January 22**

**Main Course**
- Turkey Croissant with Turkey
- Bacon, Lettuce & Tomato
- Breaded Beef Steak/Gravy/Roll

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

**Movers & Shakers**
- Charbroiled Chicken Chef Salad
- Mediterranean Veggie Plate

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**Thursday, January 23**

**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

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**Friday, January 24**

**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

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**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

**Delectables**
- Warm Chocolate Chip Cookie

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**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 Peas
- Seasonal Fresh Fruit

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

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**Wednesday, 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

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**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

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**Friday, Feb 1**

**Main Course**
- BBQ Chicken with Roll
- Wild Mike’s Cheese Pizza
- Grilled Cheese

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

**Movers & Shakers**
- Chicken Strip Chef Salad
- Turkey & Cheese

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**DON’T 4 GET!**
To make a lunch, choose at least one
- Fruit/ Juice
- Grains
- Milk
- Protein
- Vegetables
- and 3-5 items total

**New Year NEW YOU**

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**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!

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**Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kids/stay_healthy/food/avramid.html**