

# HAPPY NEW YEAR

## JANUARY 2020 PRE-K 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

**Pairings**  
Italian Green Beans  
Fresh Orange Wedges

**Tuesday, January 7**

**Main Course**  
Mesquite Chicken with Roll

**Pairings**  
Collard Greens  
Chilled Peaches

**Wednesday, January 8**

**Main Course**  
Lemon Grass Chicken with Brown  
Rice

**Pairings**  
Spinach Salad  
Chilled Fruit Medley

**Thursday, January 9**

**Main Course**  
Cheese Dippers with Salsa V

**Pairings**  
Baked Beans  
Fresh Apple Wedges

**Friday, January 10**

**Main Course**  
Wild Mike's Cheese Pizza

**Pairings**  
Lemon Kissed Kale  
Chilled Pears

**Monday, January 13**

**Main Course**  
Batter Up Franks

**Pairings**  
Golden Crinkle Fries  
Mandarin Oranges

**Tuesday, January 14**

**Main Course**  
Maple Chicken Mega Minis with Texas  
Toast

**Pairings**  
Cucumber Salad  
Orange Wedges

**Wednesday, January 15**

**Main Course**  
Beef & Cheese Nachos

**Pairings**  
Shredded Lettuce & Tomato  
Banana

**Thursday, January 16**

**Main Course**  
Galaxy Cheese Pizza

**Pairings**  
Roasted Corn  
Chilled Fruit Medley

**Friday, January 17**

**Main Course**  
Grilled Cheese

**Pairings**  
Garden Green Salad  
Chilled Peaches



## 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!**

Unflavored Milk Served with Every Meal.

This institution is an equal opportunity provider.

Monday, January 20



Tuesday, January 21

**Main Course**  
Lemon Grass Chicken with Rice

**Pairings**  
Spinach Salad  
Chilled Fruit Medley

Wednesday, January 22

**Main Course**  
Mesquite Chicken with Roll

**Pairings**  
*Farm to School Cabbage*  
Chilled Peaches

\*\*\* Harvest of the Month \*\*\*

Thursday, January 23

**Main Course**  
Breaded Beef Steak/Gravy/Roll

**Pairings** Mashed Potatoes  
Deluxe  
Fresh Orange Wedges

Friday, January 24

**Main Course**  
Wild Mike's Cheese Pizza

**Pairings**  
Roasted Carrots  
Chilled Pears



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, January 27

**Main Course**  
Cheeseburger Deluxe

**Pairings**  
Golden Crinkle Fries  
Mandarin Oranges

Tuesday, January 28

**Main Course**  
Maple Chicken Mega Minis with Texas Toast

**Pairings**  
Roasted Sweet Potato  
Spiced Baked Pears

Wednesday, January 29

**Main Course**  
Grilled Chicken Sandwich

**Pairings**  
Fiesta Black Beans  
Applesauce

Thursday, January 30

**Main Course**  
Galaxy Cheese Pizza

**Pairings**  
Power Kale Salad  
Fresh Apple

Friday, January 31

**Main Course**  
Chicken Wings with Roll

**Pairings**  
Broccoli  
Chilled Peaches

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



or



DeKalb County School District

**Available Daily**

**Non-Flavored milk served with Every Meal**