

**DeKalb County School District** 



#### Monday, January 6

Main Course Turkey Croissant

Pairings Italian Green Beans Fresh Orange Wedges

#### Tuesday, January 7

Main Course
Mesquite Chicken with Roll

Painings
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

Painings
Baked Beans
Fresh Apple Wedges

# on Super Bowl Sunday? Friday, January 10

**Pro Football** 

playoffs start

What team will

wear the crown

January 4th.

Maín Course Wild Mike's Cheese Pizza

> Pairings Lemon Kissed Kale Chilled Pears

#### Monday, January 13

Main Course Batter Up Franks

Painings
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!

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

Painings 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**



# How can you tell if yourbeans need a shower?!

#### 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

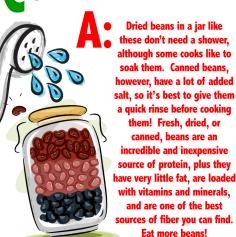
Main Course Galaxy Cheese Pizza

> Pairings Power Kale Salad Fresh Apple

# Friday, January 31

Main Course Chicken Wings with Roll

> Pairings Broccoli Chilled Peaches



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html



