DeKalb County School District

**January 2020 Pre-K Lunch**

**Main Course**
- **Monday, January 6**: Turkey Croissant
  - Pairings: Italian Green Beans, Fresh Orange Wedges
- **Tuesday, January 7**: Mesquite Chicken with Roll
  - Pairings: Collard Greens, Chilled Peaches
- **Wednesday, January 8**: Lemon Grass Chicken with Brown Rice
  - Pairings: Spinach Salad, Chilled Fruit Medley
- **Thursday, January 9**: Cheese Dippers with Salsa V
  - Pairings: Baked Beans, Fresh Apple Wedges
- **Friday, January 10**: Wild Mike’s Cheese Pizza
  - Pairings: Lemon Kissed Kale, Chilled Pears
- **Monday, January 13**: Maple Chicken Mega Minis with Texas Toast
  - Pairings: Cucumber Salad, Orange Wedges
- **Tuesday, January 14**: Beef & Cheese Nachos
  - Pairings: Shredded Lettuce & Tomato, Banana
- **Wednesday, January 15**: Galaxy Cheese Pizza
  - Pairings: Roasted Corn, Chilled Fruit Medley
- **Thursday, January 16**: Grilled Cheese
  - Pairings: Garden Green Salad, Chilled Peaches
- **Friday, January 17**: Batter Up Franks
  - Pairings: Golden Crinkle Fries, Mandarin Oranges

Unflavored Milk Served with Every Meal.
<table>
<thead>
<tr>
<th>Monday, January 20</th>
<th>Tuesday, January 21</th>
<th>Wednesday, January 22</th>
<th>Thursday, January 23</th>
<th>Friday, January 24</th>
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</thead>
<tbody>
<tr>
<td><strong>Main Course</strong></td>
<td>Lemon Grass Chicken with Rice</td>
<td>Mesquite Chicken with Roll</td>
<td>Breaded Beef Steak/Gravy/Roll</td>
<td>Wild Mike’s Cheese Pizza</td>
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<td><strong>Pairings</strong></td>
<td>Spinach Salad, Chilled Fruit Medley</td>
<td><strong>Pairings</strong> Farm to School Cabbage Chilled Peaches</td>
<td>Mashed Potatoes Deluxe Fresh Orange Wedges</td>
<td>Roasted Carrots Chilled Peaches</td>
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<td>***** Harvest of the Month *****</td>
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<tr>
<th>Monday, January 27</th>
<th>Tuesday, January 28</th>
<th>Wednesday, January 29</th>
<th>Thursday, January 30</th>
<th>Friday, January 31</th>
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</thead>
<tbody>
<tr>
<td><strong>Main Course</strong></td>
<td>Cheeseburger Deluxe</td>
<td>Maple Chicken Mega Minis with Texas Toast</td>
<td>Galaxy Cheese Pizza</td>
<td>Chicken Wings with Roll</td>
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<tr>
<td><strong>Pairings</strong></td>
<td>Golden Crinkle Fries, Mandarin Oranges</td>
<td><strong>Pairings</strong> Fiesta Black Beans, Applesauce</td>
<td>Power Kale Salad, Fresh Apple</td>
<td><strong>Pairings</strong> Broccoli, Chilled Peaches</td>
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</tbody>
</table>

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

**DON'T GET!** To make a lunch, choose at least one Fruit/Juice or Veggie and 3-5 items total.

**Available Daily**

Non-Flavored milk served with Every Meal.