

# Middle School Lunch December 2021

**The original value meal  
& still a fantastic deal!**

**Breakfast      Lunch**

## FREE STUDENT MEALS

**SY 21-22**

**Get in touch with us today to learn more  
about  
free and reduced-price meals in our district:  
[schoolnutrition@dekalschoolsga.org](mailto:schoolnutrition@dekalschoolsga.org)**

### Wednesday, December

#### Entrees

Hot Dog  
Turkey BLT On Croissant

#### Sides (3-4)

Coleslaw  
Baked Beans  
Fruit Cocktail  
Assorted Juice

#### Grab-N-Go

Vegetarian Chef Salad V

### Thursday, December 2

#### Entrees

Lemon Pepper Chicken /Roll  
Vegetarian Lasagna with Texas Toast

#### Sides (3-4)

Caribbean Cabbage  
Sweet Potato Boat  
Pineapple Tidbits  
Assorted Fresh Fruit

#### Grab-N-Go

Charbroiled Chicken Chef Salad

### Friday, December 3

#### Entrees

Wild Mikes Turkey Pepperoni Pizza  
Breaded Beef Sandwich

#### Sides (3-4)

Kale Salad  
Green Beans  
Sliced Peaches  
Assorted Fresh Fruit

#### Grab-N-Go

Mixed Cheese Chef Salad

### Monday, December 6

#### Entrees

Grilled Cheese V  
Burrito Bowl V

#### Sides (3-4)

Mixed Green Salad  
Lemon Roasted Carrots & Broccoli  
Assorted Fresh Fruit  
Assorted Juice

#### Grab-N-Go

Yogurt & Fruit Plate

### Tuesday, December 7

#### Entrees

Hamburger  
Bean & Cheese Burrito

#### Sides (3-4)

Lettuce Tomato with Dill Pickle  
Crinkle Fries  
Mandarin Oranges  
Assorted Juice

#### Grab-N-Go

Chicken Strip Salad

### Wednesday, December 8

#### Entrees

Breaded Spicy Chicken Sandwich  
Fish Sandwich

#### Sides (3-4)

Cucumber Salad  
Roasted Sweet Potatoes  
Fruit Cocktail  
Assorted Fresh Fruit

#### Grab-N-Go

Summer Vegetarian Salad V

### Thursday, December 9

#### Entrees

Beef & Cheese Nachos  
Cheese Nachos  
Grilled Chicken Sandwich

#### Sides (3-4)

Tossed Salad  
Green Beans  
Cinnamon Applesauce  
Assorted Juice

#### Grab-N-Go

Charbroiled Chicken Chef Salad

### Friday, December 10

#### Entrees

Wild Mike's Cheese Pizza V  
Turkey Ham Sub Sandwich

#### Sides (3-4)

Garden Salad  
Black-Eyed Peas  
Sliced Peaches  
Assorted Fresh Fruit

#### Grab-N-Go

Club Chef Shaker Salad

### Monday, December 13

#### Entrees

French Bread Pizza V  
Veggie Burger V

#### Sides (3-4)

Mixed Green Salad  
Mexicali Corn  
Mandarin Oranges  
Assorted Fresh Fruit

#### Grab-N-Go

Spinach Chef Salad

### Tuesday, December 14

#### Entrees

Spicy Chicken Nuggets with Roll  
Caesar Chicken Wrap

#### Sides (3-4)

Broccoli  
Rustic Glazed Carrots  
Applesauce  
Assorted Fresh Fruit

#### Grab-N-Go

Sunbutter & Jelly Plate

### Wednesday, December 15

#### Entrees

Hot Dog  
Turkey BLT On Croissant

#### Sides (3-4)

Coleslaw  
Baked Beans  
Fruit Cocktail  
Assorted Juice

#### Grab-N-Go

Vegetarian Chef Salad V

### Thursday, December 16

#### Entrees

Roasted Chicken/ Roll  
Holiday Ham (Pork)/Roll

#### Sides (3-4)

Cornbread Dressing  
Roasted Sweet Potatoes  
Kale Salad  
Diced Pears  
Seasonal Fresh Fruit

#### Grab N Go

Fruit & Yogurt Plate V

#### Served With

Cranberry Sauce  
Gingerbread Cookie

### Friday, December 17

#### Entrees

Wild Mikes Turkey Pepperoni Pizza  
Breaded Beef Sandwich

#### Sides (3-4)

Tossed Salad  
Green Beans  
Sliced Peaches  
Assorted Fresh Fruit

#### Grab-N-Go

Yogurt & Fruit Plate



**Monday, November 15****Entrees**

Grilled Cheese V  
Burrito Bowl V

**Sides (3-4)**

Mixed Green Salad  
Lemon Roasted Carrots & Broccoli  
Assorted Fresh Fruit  
Assorted Juice

**Grab-N-Go**

Club Med Chef Salad V

**Tuesday, November 16****Entrees**

Hamburger  
Bean & Cheese Burrito

**Sides (3-4)**

Lettuce Tomato with Dill Pickle  
Crinkle Fries  
Mandarin Oranges  
Assorted Juice

**Grab-N-Go**

Chicken Strip Salad

**Wednesday, November 17****Entrees**

Breaded Spicy Chicken Sandwich  
Fish Sandwich

**Sides (3-4)**

Cucumber Salad  
Black Eyed Peas  
Fruit Cocktail  
Assorted Juice

**Grab-N-Go**

Summer Vegetarian Salad V

**Thursday, November 18****Entrees**

Roast Turkey/ Roll  
Holiday Ham (Pork)/Roll

**Sides (3-4)**

Cornbread Dressing  
Sweet Potato Soufflé  
Kale Salad  
Fruit Medley  
Seasonal Fresh Fruit

**Grab N Go**

Fruit & Yogurt Plate V

**Served With**

Cranberry Sauce  
Holiday Cupcake

**Friday, November 19****Entrees**

Wild Mike's Cheese Pizza V  
Turkey Ham Sub Sandwich

**Sides (3-4)**

Garden Salad

**Garlic Herb Sweet Potatoes**

 Sliced Peaches  
Assorted Fresh Fruit

**Grab-N-Go**

Club Chef Shaker Salad

# Happy Thanksgiving

**Schools closed November 22– November 26, 2021**

**Monday, November 29****Entrees**

French Bread Pizza V  
Veggie Burger V

**Sides (3-4)**

Mixed Green Salad  
Mexicali Corn  
Mandarin Oranges  
Assorted Fresh Fruit

**Grab-N-Go**

Yogurt & Fruit Plate

**Tuesday, November 30****Entrees**

Spicy Chicken Nuggets with Roll  
Caesar Chicken Wrap

**Sides (3-4)**

Broccoli  
Rustic Glazed Carrots  
Applesauce  
Assorted Juice

**Grab-N-Go**

Mixed Cheese Salad

## COUNT OUR BLESSINGS.



For many of us, this Thanksgiving will be unlike any we have ever experienced. Let's try to enjoy the moment, content in our memories of past gatherings and hopes for the future!

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