

**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@dekabsschoolsga.org**

Middle School Lunch NOVEMBER 2021

Monday, November 1

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 2

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

(Inclement Weather Day)

Wednesday, November 3

Entrees
Breaded Spicy Chicken Sandwich
Fish Sandwich

Sides (3-4)
Cucumber Salad
Roasted Sweet Potatoes
Fruit Cocktail
Assorted Juice

Grab-N-Go
Summer Vegetarian Salad V

Thursday, November 4

Entrees
Baked Spaghetti with Roll
Grilled Chicken Sandwich

Sides (3-4)
Tossed Salad
Green Beans
Cinnamon Applesauce
Assorted Juice

Grab-N-Go
Vegetarian Chef Salad V

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Friday, November 5

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

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

Monday, November 8

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 9

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

Wednesday, November 10

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, November 11

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, November 12

Entrees
Wild Mike's 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

Choice of Milk is available with all meals

This institution is an equal opportunity provider.

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

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!

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

Wednesday, December 1**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 4**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