

Elementary Lunch

January 2022

*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 meals in our district:
schoolnutrition@dekalbschoolsga.org**

Tuesday, January 4

Entrees

Mega Mini Maple Chicken Nuggets
with Roll

Sides (2-3)

Broccoli
Rustic Glazed Carrots
Applesauce

Grab-N-Go

Sunbutter & Jelly Plate V

Wednesday, January 5

Entrees

Hot Dog

Sides (2-3)

Baked Beans
Crinkle Fries
Fruit Cocktail

Grab-N-Go

Yogurt & Fruit Plate V

Thursday, January 6

Entrees

Lemon Pepper Chicken /Roll

Sides (2-3)

Green Beans
Glazed Carrots
Pineapple Tidbits

Grab-N-Go

Vegetarian Chef Salad

Friday, January 7

Entrees

Wild Mike's Turkey Pepperoni Pizza

Sides (2-3)

Kale Salad
Whole Kernel Corn
Sliced Peaches

Grab-N-Go

Mixed Cheese Chef Salad

Monday, January 10

Entrees

Grilled Cheese V

Sides (2-3)

Lemon Roasted Carrots &
Broccoli
Mixed Green Salad
Assorted Fresh Fruit

Grab-N-Go

Yogurt & Fruit Plate V

Tuesday, January 11

Entrees

Hamburger

Sides (2-3)

Lettuce Tomato with Dill Pickle
Crinkle Fries
Mandarin Oranges

Grab-N-Go

Sunbutter & Jelly Plate

Wednesday, January 12

Entrees

Breaded Chicken Sandwich

Sides (2-3)

Cucumber Salad
Roasted Sweet Potatoes
Fruit Cocktail

Grab-N-Go

Summer Vegetarian Salad V

Thursday, January 13

Entrees

Beef & Cheese Nachos
Cheese Nachos V

Sides (2-3)

Tossed Salad
Green Beans
Cinnamon Applesauce

Grab-N-Go

Charbroiled Chicken Chef Salad

Friday, January 14

Entrees

Big Mike's Cheese Pizza V

Sides (2-3)

Garden Salad
Black-Eyed Peas
Sliced Peaches

Grab-N-Go

Club Chef Shaker Salad

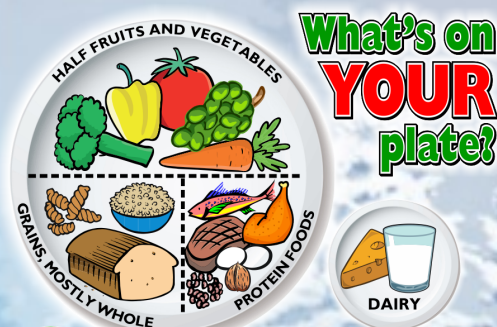
Choice of Milk is available with all meals

This institution is an equal opportunity provider.

NUTRITION *TO GO*

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

A QUICK BITE FOR PARENTS



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 17

Martin Luther King, Jr.

1929
1968



No School

Tuesday, January 18

Entrees

Mega Mini Maple Chicken Nuggets with Roll

Sides (2-3)

Broccoli
Rustic Glazed Carrots
Applesauce

Grab-N-Go

Sunbutter & Jelly Plate V

Wednesday, January 19

Entrees

Hot Dog

Sides (2-3)

Baked Beans
Coleslaw
Fruit Cocktail

Grab-N-Go

Yogurt & Fruit Plate V

Thursday, January 20

Entrees

Lemon Pepper Chicken /Roll

Sides (2-3)

Cucumber Salad
Sweet Potato Boat
Assorted Fresh Fruit

Grab-N-Go

Vegetarian Chef Salad V

Friday, January 21

Entrees

Breaded Beef Sandwich

Sides (2-3)

Kale Salad
Green Beans
Sliced Peaches

Grab-N-Go

Mixed Cheese Chef Salad V

Monday, January 24

Entrees

Grilled Cheese V

Sides (2-3)

Lemon Roasted Carrots & Broccoli
Mixed Green Salad
Assorted Fresh Fruit

Grab-N-Go

Yogurt & Fruit Plate V

Tuesday, January 25

Entrees

Hamburger

Sides (2-3)

Lettuce Tomato with Dill Pickle
Crinkle Fries
Mandarin Oranges

Grab-N-Go

Sunbutter & Jelly Plate V

Wednesday, January 26

Entrees

Breaded Chicken Sandwich

Sides (2-3)

Cucumber Salad
Roasted Sweet Potatoes
Fruit Cocktail

Grab-N-Go

Summer Vegetarian Salad V

Thursday, January 27

Entrees

Beef & Cheese Nachos
Cheese Nachos V

Sides (2-3)

Tossed Salad
Green Beans
Cinnamon Applesauce

Grab-N-Go

Charbroiled Chicken Chef Salad

Friday, January 28

Entrees

Big Mike's Cheese Pizza V

Sides (2-3)

Garden Salad
Black-Eyed Peas
Sliced Peaches

Grab-N-Go

Club Chef Shaker Salad

Monday, January 31

Entrees

French Bread Pizza V

Sides (2-3)

Mixed Green Salad
Whole Kernel Corn
Mandarin Oranges

Grab-N-Go

Spinach Chef Salad V

Tuesday, February 1

Entrees

Mega Mini Maple Chicken Nuggets with Roll

Sides (2-3)

Broccoli
Rustic Glazed Carrots
Applesauce

Grab-N-Go

Sunbutter & Jelly Plate V

Wednesday, February 2

Entrees

Hot Dog

Sides (2-3)

Baked Beans
Coleslaw
Fruit Cocktail

Grab-N-Go

Yogurt & Fruit Plate V

Thursday, February 3

Entrees

Lemon Pepper Chicken /Roll

Sides (2-3)

Cucumber Salad
Sweet Potato Boat
Assorted Fresh Fruit

Grab-N-Go

Vegetarian Chef Salad V

Friday, February 4

Entrees

Breaded Beef Sandwich

Sides (2-3)

Kale Salad
Green Beans
Sliced Peaches

Grab-N-Go

Mixed Cheese Chef Salad V