

Middle School 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@dekabsschoolsga.org**

Tuesday, January 4

Entrees

Spicy Chicken Nuggets with Roll
Beef Steak & Gravy with Roll

Sides (3-4)

Broccoli
Rustic Glazed Carrots
Applesauce
Assorted Juice

Grab-N-Go

Sunbutter & Jelly Plate

Wednesday, January 5

Entrees

Hot Dog
Cheeseburger

Sides (3-4)

Crinkle Fries
Baked Beans
Fruit Cocktail
Assorted Fruit Juice

Grab-N-Go

Yogurt & Fruit Plate

Thursday, January 6

Entrees

Lemon Pepper Chicken /Roll
Grilled Cheese V

Sides (3-4)

Green Beans
Glazed Sweet Potatoes
Pineapple Tidbits
Assorted Fruit Juice

Grab-N-Go

Charbroiled Chicken Chef Salad

Friday, January 7

Entrees

Wild Mikes Turkey Pepperoni Pizza
Caesar Chicken Wrap

Sides (3-4)

Kale Salad
Whole Kernel Corn
Sliced Peaches
Assorted Fresh Fruit

Grab-N-Go

Mixed Cheese Chef Salad

Monday, January 10

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, January 11

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, January 12

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, January 13

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, January 14

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

**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

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, January 19

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, January 20

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, January 21

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, January 24

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, January 25

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, January 26

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, January 27

Entrees

Beef & Cheese Nachos
Cheese Nachos
Grilled Chicken Sandwich

Sides (3-4)

Tossed Salad



Fresh Broccoli
Cinnamon Applesauce
Assorted Juice

Grab-N-Go

Charbroiled Chicken Chef Salad

Friday, January 28

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, January 31

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, February 1

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, February 2

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, February 3

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, February 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

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