

Pre-K 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

Mega Mini Maple Chicken Nuggets
with Roll
Broccoli
Applesauce
Non-flavored Milk

Wednesday, January 5

Hamburger
Baked Beans
Fruit Cocktail
Non-flavored Milk

Thursday, January 6

Lemon Pepper Chicken /Roll
Glazed Sweet Potatoes
Pineapple Tidbits
Non-flavored Milk

Friday, January 7

Wild Mike's Turkey Pepperoni Pizza
Kale Salad
Whole Kernel Corn
Sliced Peaches
Non-flavored Milk

Monday, January 10

Grilled Cheese V
Lemon Roasted Carrots &
Broccoli
Assorted Fresh Fruit
Non-flavored Milk

Tuesday, January 11

Hamburger
Crinkle Fries
Mandarin Oranges
Non-flavored Milk

Wednesday, January 12

Breaded Chicken Sandwich
Roasted Sweet Potatoes
Fruit Cocktail
Non-flavored Milk

Thursday, January 13

Beef & Cheese Nachos
Tossed Salad
Cinnamon Applesauce
Non-flavored Milk

Friday, January 14

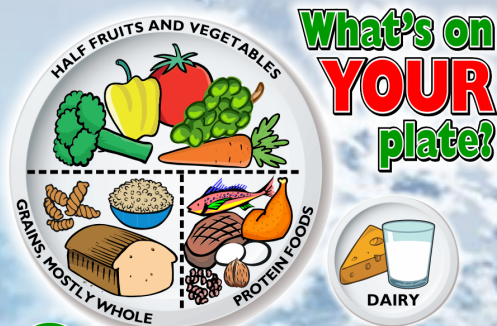
Big Mike's Cheese Pizza V
Garden Salad
Sliced Peaches
Non-flavored Milk

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



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

Monday, January 17

Martin Luther
King, Jr.

1929
1968



No School

Tuesday, January 18

Mega Mini Maple Chicken Nuggets
with Roll
Rustic Glazed Carrots
Applesauce
Non-flavored Milk

Wednesday, January 19

Hot Dog
Baked Beans
Fruit Cocktail
Non-flavored Milk

Thursday, January 20

Lemon Pepper Chicken /Roll
Cucumber Salad
Assorted Fresh Fruit
Non-flavored Milk

Friday, January 21

Breaded Beef Sandwich
Kale Salad
Sliced Peaches
Non-flavored Milk

Monday, January 24

Grilled Cheese V
Lemon Roasted Carrots &
Broccoli
Assorted Fresh Fruit
Non-flavored Milk

Tuesday, January 25

Hamburger
Lettuce Tomato with Dill Pickle
Crinkle Fries
Mandarin Oranges
Non-flavored Milk

Wednesday, January 26

Breaded Chicken Sandwich
Roasted Sweet Potatoes
Fruit Cocktail
Non-flavored Milk

Thursday, January 27

Beef & Cheese Nachos
Green Beans
Cinnamon Applesauce
Non-flavored Milk

Friday, January 28

Big Mike's Cheese Pizza V
Garden Salad
Sliced Peaches
Non-flavored Milk

Monday, January 31

French Bread Pizza V
Whole Kernel Corn
Mandarin Oranges
Non-flavored Milk

Tuesday, February 1

Mega Mini Maple Chicken Nuggets
with Roll
Rustic Glazed Carrots
Applesauce
Non-flavored Milk

Wednesday, February 2

Hot Dog
Baked Beans
Fruit Cocktail
Non-flavored Milk

Thursday, February 3

Lemon Pepper Chicken /Roll
Cucumber Salad
Assorted Fresh Fruit
Non-flavored Milk

Friday, February 4

Breaded Beef Sandwich
Kale Salad
Sliced Peaches
Non-flavored Milk