

Menu for SEPTEMBER 2019

DeKalb Middle

This institution is an equal opportunity provider.

Fruit of the Month: Apples
 Look for a different variety of Apple at Lunch each Friday in August!

FUN FACTS
 There are over 7,500 types of apples grown in the world!

Apple Trees can live to be 100 years old

Botanically, Apple trees are members of the Rose family of plants

Please contact the Cafeteria regarding any special dietary accommodations.

	Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 2-6	Labor Day No School	Breakfast Breakfast Biscuits or Cinnamon Roll Raisins, Juice, Milk Lunch Hamburger/Cheese or Philly Cheesesteak or Chef Salad with Corn on the Cob, Baked Beans, Trimmings, Fruit & Milk	Breakfast Breakfast Biscuits or Mini Pancakes Fresh Fruit, Juice, Milk Lunch Pepperoni Pizza or Cheese Pizza or PBJ with Whole Kernel Corn Veggie Dippers Fruit & Milk	Breakfast Breakfast Biscuits or Muffin & Yogurt Raisins, Juice, Milk Lunch Spaghetti & Roll or Bosco CheeseSticks Or Crispy Chicken Salad with Side Salad, Ranch Potatoes Fruit & Milk	Breakfast Mini Donuts Smoothie & Poptart Fresh Fruit, Juice, Milk Lunch Popcorn Chicken or Pork Roast with Roll, Mashed Potatoes Green Beans, Granny Smith Apple Treat & Milk
Sept 9-13	Breakfast Breakfast Biscuits or Breakfast Bun Fresh Fruit, Juice, Milk Lunch Mac & Cheese or Chicken Nuggets or PBJ with Potato Wedges, Pinto Beans, Corn Bread Fruit & Milk	Breakfast Breakfast Biscuits or Stuffed Breadstick Raisins, Juice, Milk Lunch Beef Nachos or Chicken Nachos or Fiesta Chicken Salad with Salsa, Queso, Fiesta Beans, Trimmings Fresh Fruit & Milk	Breakfast Breakfast Biscuits or Mini Bagel Fresh Fruit, Juice, Milk Lunch Pepperoni Pizza or Bosco Cheese Sticks or PBJ with Whole Kernel Corn Spinach Tossed Salad Fruit & Milk	Breakfast Breakfast Biscuits or Apple Pastry Stick, Raisins, Juice, Milk Lunch Chicken & Dumplings or Popcorn Chicken or Chef Salad with Mashed Potatoes Roll, Green Beans Fruit & Milk	Breakfast Mini Donuts or Yogurt Parfaits Fresh Fruit, Juice, Milk Lunch Hamburger/Cheese or Grilled Chicken Sandwich with Baked Fries, Veggie Dippers, Trimmings, Red Delicious Apple, Treat & Milk
Sept. 16-20	Breakfast Breakfast Biscuits or Breakfast Bun Fresh Fruit, Juice, Milk Lunch Philly Cheesesteak or Chicken Tenders or PBJ with Smiley Fries, Veggie Dippers, Fruit & Milk	Breakfast Breakfast Biscuits or Cinnamon Roll Raisins, Juice, Milk Lunch Brunch! Chicken or Sausage with Biscuit, Eggs, Potato Bites, Gravy Slush, Juice & Milk	Breakfast Breakfast Biscuits or Mini Pancakes Fresh Fruit, Juice, Milk Lunch "Old School" Pizza Day! Pepperoni Pizza Cheese Pizza or PBJ with Whole Kernel Corn Broccoli & Cheese Fruit & Milk	Breakfast Breakfast Biscuits or Muffin & Yogurt Raisins, Juice, Milk Lunch Beef Enchiladas or Buffalo Chicken Bites or Crispy Chicken Salad with Side Salad, Ranch Potatoes Fruit & Milk	Breakfast Mini Donuts Breakfast Smoothies Fresh Fruit, Juice, Milk Lunch Croissants Turkey & Cheese or Ham & Cheese with Baked Chips, Baked Beans, Veggie Dippers, Golden Delicious & Milk
Sept. 23-27	Breakfast Breakfast Biscuits or Breakfast Bun Fresh Fruit, Juice, Milk Lunch Mac & Cheese or Popcorn Chicken or PBJ with Roll, Mashed Potatoes, California Blend Veggies Fruit & Milk	Breakfast Breakfast Biscuits or Breakfast Pizza Raisins, Juice, Milk Lunch Asian Chicken & Rice or Mini Corn Dogs or Chef Salad with Egg Roll, Ginger Carrots Fortune Cookies, Fruit & Milk	Breakfast Breakfast Biscuits or Mini Bagel Fresh Fruit, Juice, Milk Lunch Pepperoni Pizza Bosco Cheese Sticks or PBJ with Whole Kernel Corn, or Spinach Tossed Salad Fruit & Milk	Breakfast Breakfast Biscuits or Pancake on a stick Raisins, Juice, Milk Lunch Ravioli Lasagna or Chicken Drumstick Or Grilled Chicken Salad with Scalloped Potatoes, Green Beans, Roll Fruit & Milk	Breakfast Mini Donuts or Yogurt Parfaits Fresh Fruit, Juice, Milk Lunch Hamburger/Cheese or Crispy Chicken Sandwich with Baked Fries, Veggie Dippers, Trimmings, Apple & Milk