

**DPS 2019-2020  
Dalton High School**

**Week D - Jan 7-10**

**International  
Monday**

**NO SCHOOL**

**Tuesday**  
BBQ Plate w/ Roll  
Roasted Potatoes  
Baked Beans  
Cole Slaw  
Fresh Fruit

**Wednesday**  
Breadstick Pizza  
Marinara Sauce  
Steamed Corn  
Cucumber Salad  
Fresh Fruit

**Thursday**  
Calzone  
Marinara Sauce  
Steamed Corn  
Leafy Green Salad  
Fresh Fruit

**Friday**  
Chicken Tenders  
Roll  
Mac & Cheese  
Green Beans  
Fresh Fruit

**Southern Chow  
Monday**

**Tuesday**  
Roasted Oven Fried Chicken  
Roll  
Roasted Potato  
Steamed Broccoli  
Lima Beans  
Fresh Fruits

**Wednesday**  
Chicken w/ Gravy  
Roll  
Mashed Potato  
Leafy Green Salad  
Fresh Fruit

**Thursday**  
Chili Dogs w/ Fries  
Baked Beans  
Slaw  
Pickle Relish  
Fresh Fruit

**Friday**  
Chicken Tenders  
Roll  
Mac & Cheese  
Steamed Broccoli  
Fresh Fruit

**Hot & Spicy  
Monday**

**Tuesday**  
Cheese Nachos  
Corn  
Pico de Gallo  
Shredded Lettuce  
Black Beans Salad  
Fresh Fruit

**Wednesday**  
Walking Tacos  
Corn  
Pico de Gallo  
Shredded Lettuce  
Sour Cream  
Fresh Fruit

**Thursday**  
Chicken Fajita Nachos  
Rice, Salsa  
Sautéed Peppers/Onions  
Jalapeno Peppers. Lettuce  
Fresh Fruit

**Friday**  
Beef Nachos  
Shredded Lettuce/Cheese  
Salsa  
Pinto Beans  
Fresh Fruit

**Grill  
Monday**

**Tuesday**  
Pizza  
Marinara Sauce  
Corn  
Yogurt Box Choice  
Fresh Fruit

**Wednesday**  
Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Sweet Potato Fries  
Fresh Fruit  
Yogurt Box Choice

**Thursday**  
Pizza  
Marinara Sauce  
Leafy Green Salad  
Steamed Broccoli  
Fresh Fruit  
Yogurt Box Choice

**Friday**  
Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Carrot Sticks  
Fresh Fruit  
Yogurt Box Choice

**Week A - Jan 13-17**

**Monday**  
Popcorn Chicken w/ Roll  
Steamed Broccoli  
Leafy Green Salad  
Boom boom Sauce  
Fresh Fruit

**Monday**  
Country Fried Steak w/Gravy  
Biscuits  
Mashed Potato  
Green Beans  
Fresh Fruit

**Monday**  
Chicken Fajita  
Rice  
Sauteed Onion & Pepper  
Salsa  
Fresh Fruit

**Monday**  
Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Black Bean Salad  
Fresh Fruit  
Yogurt Box Choice

**Tuesday**  
Sweet & Sour Chicken  
Rice, Egg Roll  
Oriental Veggies  
Leafy Green Salad  
Fresh Fruit

**Tuesday**  
Sweet & Sour Chicken  
Rice, Egg Roll  
Oriental Veggies  
Leafy Green Salad  
Fresh Fruit

**Tuesday**  
Walking Tacos  
Fresh Pico  
Shredded Lettuce,Onions,Pepper  
Leafy Green Salad  
Fresh Fruit

**Tuesday**  
Pizza  
Marinara Sauce  
Cucumber Marinated Salad  
Leafy Green Salad  
Fresh Fruits  
Yogurt Box Choice

**Wednesday**  
Calzone  
Marinara Sauce  
Mixed Corn/Peas  
Leafy Green Salad  
Fresh Fruit

**Wednesday**  
Pizza Cheese French Bread  
Glazed Carrots  
Leafy Green Salad  
Fresh Fruit

**Wednesday**  
Cheese Nachos  
Pinto Beans  
Fresh Pico  
Shredded Lettuce  
Fresh Fruit

**Wednesday**  
Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Steamed Broccoli  
Fresh Fruit  
Yogurt Box Choice

**Thursday**  
Spaghetti  
Garlic Toast  
Corn  
Leafy Green Salad  
Fresh Fruit

**Thursday**  
Spaghetti  
Garlic Toast  
Corn  
Leafy Green Salad  
Fresh Fruit

**Thursday**  
Pork Carnitas w/  
Soft/Hard Tacos  
Cilantro/Onion/Lime  
Pinto Beans  
Pico de Gallo  
Fresh Fruit

**Thursday**  
Pizza  
Marinara Sauce  
Steamed Broccoli  
Leafy Green Salad  
Fresh Fruit  
Yogurt Box Choice

**Friday**  
Chicken Tender w/ Roll  
Boom Boom Sauce  
Steamed Broccoli  
Leafy Green Salad

**Friday**  
Chicken Tender w/ Roll  
Boom Boom Sauce  
Veggie Fries  
Leafy Green Salad

**Friday**  
Beef Nachos  
Shredded Lettuce/Cheese  
Salsa  
Refried Beans  
Fresh Fruit

**Friday**  
Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Potato Fries  
Fresh Fruit

**Week B - Jan 21/24**

**Monday**

**NO SCHOOL**

**Monday**

**Monday**

**Monday**

**Tuesday**

**Philly Beef Sub Sandwich  
Sauteed Pepper/Onion  
Sweet Potato Fries  
Fresh Fruit  
Leafy Green Salad**

**Tuesday**

**BBQ Plate  
Roll  
Slaw  
Baked Beans  
Fresh Fruit**

**Tuesday**

**Cheese Nachos  
Black Beans  
Pico de Gallo,Sour Cream  
Shredded Lettuce  
Fresh Fruit  
Leafy Green Salad**

**Tuesday**

**Pizza  
Marinara Sauce  
Glazed Carrots  
Leafy Green Salad  
Fresh Fruit  
Yogurt Box Choice**

**Wednesday**

**Corndog  
Roasted Potatoes  
Steamed Broccoli  
Fresh Fruit  
Leafy Green Salad**

**Wednesday**

**Country Fried Steak w/  
Gravy & Biscuits  
Roasted Potato  
Green Beans  
Fresh Fruit  
Leafy Green Salad**

**Wednesday**

**Walking Taco  
Shredded Lettuce/Cheese  
Pico de Gallo  
Black Bean Salad  
Fresh Fruit**

**Wednesday**

**Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Carrot Stick w/ dip  
Fresh Fruit  
Yogurt Box Choice**

**Thursday**

**Boneless BBQ Wings  
Fresh Broccoli w/Ranch  
Celery/Carrot Sticks  
Baked Beans  
Fresh Fruit**

**Thursday**

**Mac & Cheese  
Creamed Corn  
Black Eyed Peas  
Fresh Colard Green  
Corn Bread**

**Thursday**

**Chicken Fajita Nachos  
Rice  
Sauteed Peppers  
Salsa  
Fresh Fruit**

**Thursday**

**Pizza  
Marinara Sauce  
Leafy Green Salad  
Rosted Garbanzo Beans  
Fresh Fruit  
Yogurt Box Choice**

**Friday**

**Chicken Tenders  
Roll  
Boom Boom Sauce  
Slaw  
Tater Tots  
Steamed Corn**

**Friday**

**Chicken Tenders  
Roll  
Boom Boom Sauce  
Slaw  
Tater Tots  
Steamed Broccoli**

**Friday**

**Pork & Queso Nachos  
Shredded Lettuce/Cheese  
Salsa  
Refried Beans  
Fresh Fruit  
Leafy Green Salad**

**Friday**

**Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Potato Fries  
Fresh Fruit  
Yogurt Box Choice**

**Week C - Jan 27-31**

**Monday**

BBQ Stuffed Baked Potato  
Fresh Broccoli  
Celery/Carrot Stick  
Leafy Green Salad  
Fresh Fruit

**Monday**

Buffalo Chicken Dip  
Nachos  
Celery/Carrot Stick  
Sour Cream  
Fresh Fruit

**Monday**

Steak Nachos w/ Cheese  
Sauteed Peppers  
Pico De Gallo  
Shredded Lettuce  
Fresh Fruit

**Monday**

Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Glazed Carrots  
Fresh Fruit  
Yogurt Box Choice

**Tuesday**

Lasagna  
Garlic Toast  
Steamed Broccoli  
Leafy Green Salad  
Fresh Fruit

**Tuesday**

Lasagna  
Garlic Toast  
Steamed Broccoli  
Leafy Green Salad  
Fresh Fruit

**Tuesday**

Walking Taco  
Pinto Beans  
Pico de Gallo  
Shredded Lettuce/Cheese  
Fresh Fruit

**Tuesday**

Pizza  
Marinara Sauce  
Sweet Potato Fries  
Leafy Green Salad  
Fresh Fruit  
Yogurt Box Choice

**Wednesday**

Country Fried Steak w/  
Gravy & Biscuits  
Mashed Potato  
Glazed Carrots  
Fresh Fruit  
Leafy Green Salad

**Wednesday**

Oven Fried Chicken  
Roll  
Mashed Potato  
Glazed Carrots  
Fresh Fruit  
Leafy Green Salad

**Wednesday**

Chicken Fajita Nachos  
Rice  
Sauteed Peppers/Onions  
Salsa  
Fresh Fruit

**Wednesday**

Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Steamed Broccoli  
Fresh Fruit  
Yogurt Box

**Thursday**

Chicken Gen TSO  
Yakisoba Noodles  
Oriental Vegetable  
Leafy Green Salad  
Fresh Fruit

**Thursday**

Cheeseburger Slider  
Steamed Corn  
Lettuce/Tomato/Onion  
Pickles  
Fresh Fruit

**Thursday**

Cheese Nachos  
Shredded Lettuce/Cheese  
Pico de Gallo  
Black Bean Salad

**Thursday**

Pizza  
Marinara Sauce  
Steamed Corn  
Leafy Green Salad  
Fresh Fruit  
Yogurt Box Choice

**Friday**

Chicken Tenders  
Cornbread  
Roasted Squash  
Pinto Beans  
Fresh Fruit  
Leafy Green Salad

**Friday**

Chicken Tenders  
Cornbread  
Roasted Squash  
Pinto Beans  
Fresh Fruit  
Leafy Green Salad

**Friday**

Beef Nachos  
Shredded Lettuce/Cheese  
Salsa  
Refried Beans  
Fresh Fruit

**Friday**

Chicken Sandwich  
Cheeseburger  
Black Bean Salad  
Leafy Green Salad  
Fresh Fruit  
Yogurt Box