



**DeKalb County School District**  
**Smart Bites Health & Wellness**  
**October 2016**  
**Elementary Breakfast Menu**

**Joyce R. Wimberly, School Nutrition, Executive Director DeKalb County School District**

MON	TUE	WED	THU	FRI
<b>3 Choice of Entrée:</b> Breakfast Pizza  Honey Nut Cherrios with Toast <b>V</b>  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>4 Choice of Entrée:</b> Turkey Sausage Biscuit  Cinnamon Chex with Biscuit <b>V</b>  <b>Fruit Selections:</b> Strawberry Kiwi Juice Fresh Orange	<b>5 Choice of Entrée:</b> Scrambled Egg/Toast  Apple Cinnamon Cheerios with WG Toast <b>V</b>  <b>Fruit Selections:</b> White Grape Juice Applesauce	<b>6</b>  Fall Break	<b>7</b>  Fall Break
<b>10</b> 	<b>11 Choice of Entrée:</b> Chicken Sausage Bites  Cinnamon Chex with Toast <b>V</b>  <b>Fruit Selections:</b> Strawberry Kiwi Applesauce	<b>12 Choice of Entrée:</b> WG Cheese Toast <b>V</b>  Apple Cinnamon Cheerios with WG Toast <b>V</b>  <b>Fruit Selections:</b> White Grape Juice Apple Wedges	<b>13 Choice of Entrée:</b> Turkey Sausage Biscuit  Frosted Mini Wheats with WG Biscuit <b>V</b>  <b>Fruit Selections:</b> Tangerine Juice Fresh Banana	<b>14 Choice of Entrée:</b> Pancake N' Links/Syrup  Strawberry Yogurt with Blueberry Muffin Top <b>V</b>  <b>Fruit Selections:</b> Assorted Juice Mandarin Oranges
<b>17 Choice of Entrée:</b> French Toast Sticks/Syrup <b>V</b>  Honey Nut Cheerios with WG Toast <b>V</b>  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>18 Choice of Entrée:</b> Breakfast Pizza  Cinnamon Chex with Toast <b>V</b>  <b>Fruit Selections:</b> Strawberry Kiwi Juice Fresh Orange	<b>19 Choice of Entrée:</b> Whole Grain Beef Biscuit  Apple Cinnamon Cheerios with WG Biscuit <b>V</b>  <b>Fruit Selections:</b> White Grape Juice Applesauce	<b>20 Choice of Entrée:</b> Chicken & Waffles  Frosted Mini Wheats with WG Toast <b>V</b>  <b>Fruit Selections:</b> Tangerine Juice Fresh Banana	<b>21 Choice of Entrée:</b> WG Cinnamon Mini Waffles <b>V</b>  Peach Yogurt with Granola <b>V</b>  <b>Fruit Selections:</b> Assorted Juice Mandarin Oranges
<b>24 Choice of Entrée:</b> Breakfast Pizza  Honey Nut Cherrios with Toast <b>V</b>  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>25 Choice of Entrée:</b> Turkey Sausage Biscuit  Cinnamon Chex with Biscuit <b>V</b>  <b>Fruit Selections:</b> Strawberry Kiwi Juice Fresh Orange	<b>26 Choice of Entrée:</b> Scrambled Egg/Toast  Apple Cinnamon Cheerios with WG Toast <b>V</b>  <b>Fruit Selections:</b> White Grape Juice Applesauce	<b>27 Choice of Entrée:</b> Turkey Sausage Breakfast Bagel  Frosted Mini-Wheats with WG Toast <b>V</b>  <b>Fruit Selections:</b> Tangerine Juice  <b>Fresh Cantaloupe</b>	<b>28 Choice of Entrée:</b> Whole Grain Beef Biscuit  Cheese Omelet/Biscuit  <b>Fruit Selections:</b> Assorted Juice Mandarin Oranges
<b>31 Choice of Entrée:</b> Whole Grain Maple Chicken Sausage Pancake Sandwich  Honey Nut Cheerios with WG Toast <b>V</b>  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>Nov 1 Choice of Entrée:</b> Chicken Sausage Bites  Cinnamon Chex with Toast <b>V</b>  <b>Fruit Selections:</b> Strawberry Kiwi Fresh Banana	<b>2 Choice of Entrée:</b> WG Cheese Toast <b>V</b>  Apple Cinnamon Cheerios with WG Toast <b>V</b>  <b>Fruit Selections:</b> White Grape Juice Apple Wedges	<b>3 Choice of Entrée:</b> Turkey Sausage Biscuit  Frosted Mini Wheats with WG Biscuit <b>V</b>  <b>Fruit Selections:</b> Tangerine Juice Fresh Banana	<b>4 Choice of Entrée:</b> Pancake N' Links/Syrup  Strawberry Yogurt with Blueberry Muffin Top <b>V</b>  <b>Fruit Selections:</b> Assorted Juice Mandarin Oranges

**2016-2017 Elementary Meal Prices**

Full Paid Breakfast	\$1.40
Reduced Breakfast	\$0.30
Full Paid Lunch	\$2.50
Reduced Lunch	\$0.40
Adult Breakfast	\$1.90
Adult Lunch	\$3.50
Milk	\$0.80

**Choice of Milk is available with  
every meal**



**Farm to School:  
Fresh Cantaloupe**

**1/2 C = 15 Calories**

- Cantaloupe is an excellent source of Vitamin A
- It's rich in antioxidants
- Helps with hydration - 90 % water,



This institution is an equal opportunity provider and employer

V = Vegetarian Item

WG = Whole Grain