



**DeKalb County School District**  
**Smart Bites Health & Wellness**  
**Elementary Breakfast Menu**  
**August 2017**



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

MON	TUE	WED	THU	FRI
<b>7</b> Choice of Entrée: Turkey Sausage Biscuit  Go Big Strawberry Yogurt with Cinnamon Toast Crunch Cereal Pouch  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>8</b> Choice of Entrée:  Pancake N Link/Syrup  Cherry Frudel  <b>Fruit Selections:</b> Strawberry Kiwi Juice Orange Wedges	<b>9</b> Choice of Entrée:  Salsa Egg & Cheese Flatbread  Cinnamon Chex /Biscuit <b>V</b>  <b>Fruit Selections:</b> White Grape Juice Chilled Peaches	<b>10</b> Choice of Entrée:  Chicken Biscuit  Frosted Mini Wheats /WG Toast <b>V</b>  <b>Fruit Selections:</b> Orange Tangerine Juice Fresh Apple Wedges	<b>11</b> Choice of Entrée:  Mini Bagels with Strawberry Cream Cheese <b>V</b>  Cheese Omelet/ WG Biscuit  <b>Fruit Selections:</b> Assorted Juice Assorted Fresh Fruit
<b>14</b> Choice of Entrée:  Sausage & Waffle Sandwich  French Toast Sticks/Syrup <b>V</b>  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>15</b> Choice of Entrée:  Cheese Toast  Waffle/Sausage Patty/Syrup  <b>Fruit Selections:</b> Strawberry Kiwi Juice Mandarin Oranges	<b>16</b> Choice of Entrée:  French Toast Bar <b>V</b>  Scrambled Eggs/Biscuit  <b>Fruit Selections:</b> White Grape Juice Chilled Peaches	<b>17</b> Choice of Entrée:  Mini Cinni  Cheese Breakfast Bagel  <b>Fruit Selections:</b> Orange Tangerine Juice Fresh Apple Wedges	<b>18</b> Choice of Entrée:  Go Big Yogurt/ Muffin Top  Frosted Flakes Cereal /Muffin Top  <b>Fruit Selections:</b> Assorted Juice Assorted Fresh Fruit
<b>21</b> Choice of Entrée:  Breakfast Pizza <b>V</b>  Apple Cinnamon Cheerios with WG Biscuit <b>V</b>  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>22</b> Choice of Entrée:  Mini Bagel with Cream Cheese  Cheese Omelet/Toast  <b>With: WG Grits</b> <b>Fruit Selections:</b> Strawberry Kiwi Juice Mandarin Oranges	<b>23</b> Choice of Entrée:  Peach Stuffed Biscuit <b>V</b>  Turkey Sausage Breakfast Bagel  <b>Fruit Selections:</b> White Grape Juice Chilled Peaches	<b>24</b> Choice of Entrée:  Apple Frudel <b>V</b>  Frosted Mini Wheats/Toast  <b>With: WG Grits</b> <b>Fruit Selections:</b> Orange Tangerine Juice <b>Fresh Apple Wedges</b>	<b>25</b> Choice of Entrée:  Breaded Beef Biscuit  Peach Yogurt with Granola <b>V</b>  <b>Fruit Selections:</b> Assorted Juice Assorted Fresh Fru
<b>28</b> Choice of Entrée:  Turkey Sausage Biscuit  Go Big Strawberry Yogurt with Cinnamon Toast Crunch Cereal Pouch  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>29</b> Choice of Entrée:  Pancake N Link/Syrup  Cherry Frudel  <b>Fruit Selections:</b> Strawberry Kiwi Juice Orange Wedges	<b>30</b> Choice of Entrée:  Salsa Egg & Cheese Flatbread  Cinnamon Chex /Biscuit <b>V</b>  <b>Fruit Selections:</b> White Grape Juice Chilled Peaches	<b>31</b> Choice of Entrée:  Chicken Biscuit  Frosted Mini Wheats WG Toast <b>V</b>  <b>Fruit Selections:</b> <b>Blueberry Juice</b> Fresh Apple Wedges	<b>1</b> Choice of Entrée:  Mini Bagels with Strawberry Cream Cheese <b>V</b>  Cheese Omelet/ WG Biscuit  <b>Fruit Selections:</b> Assorted Juice Assorted Fresh Fruit

<b>2017- 2018 Elementary Meal Prices</b>	
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:**  
**Blueberries**

Blueberries are an awesome source of many essential nutrients such as vitamin C, manganese, potassium, iron, and many others. Blueberries are also a rich source of antioxidants.

1 C blueberries = 80 calories



**Please visit SchoolCafé.com to manage your child's School Nutrition meal account.**

Beginning this school year, students will need to use their assigned 7 digit student ID number for meal service.