




## DeKalb County School District Smart Bites Health & Wellness August 2016 Elementary Breakfast Menu

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

MON	TUE	WED	THU	FRI
<b>8 Choice of Entrée:</b> Chicken Whole Grain Biscuit  Frosted Mini Wheats with WG Biscuit  <b>Fruit Selections:</b> Tangerine Juice Applesauce	<b>9 Choice of Entrée:</b> Chicken Sausage Bites  Cinnamon Chex with Toast  <b>Fruit Selections:</b> Strawberry Kiwi Banana	<b>10 Choice of Entrée:</b> WG Cheese Toast <b>V</b>  Apple Cinnamon Cheerios with WG Toast  <b>Fruit Selections:</b> White Grape Juice Apple Wedges	<b>11 Choice of Entrée:</b> Whole Grain Maple Chicken Sausage Pancake Sandwich  Honey Nut Cheerios with WG Toast  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>12 Choice of Entrée:</b> Pancake N' Links/Syrup  Strawberry Yogurt with Blueberry Muffin Top  <b>Fruit Selections:</b> Assorted Juice Mandarin Oranges
<b>15 Choice of Entrée:</b> French Toast Sticks/Syrup <b>V</b>  Honey Nut Cheerios with WG Toast  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>16 Choice of Entrée:</b> Breakfast Pizza  Cinnamon Chex with Toast  <b>Fruit Selections:</b> Strawberry Kiwi Juice <b>Farm to School Peach</b> 	<b>17 Choice of Entrée:</b> Whole Grain Beef Biscuit  Apple Cinnamon Cheerios with WG Biscuit <b>V</b>  <b>Fruit Selections:</b> White Grape Juice Banana	<b>18 Choice of Entrée:</b> Chicken & Waffles  Frosted Mini Wheats with WG Toast <b>V</b>  <b>Fruit Selections:</b> Tangerine Juice Applesauce	<b>19 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>22 Choice of Entrée:</b> Breakfast Pizza  Honey Nut Cherrios with Toast <b>V</b>  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>23 Choice of Entrée:</b> Sausage Biscuit  Cinnamon Chex with Biscuit <b>V</b>  <b>Fruit Selections:</b> Strawberry Kiwi Juice Banana	<b>24 Choice of Entrée:</b> Scrambled Egg/Toast  Apple Cinnamon Cheerios with WG Toast <b>V</b>  <b>Fruit Selections:</b> White Grape Juice Apple Wedges	<b>25 Choice of Entrée:</b> Turkey Sausage Breakfast Bagel  Frosted Mini-Wheats with WG Toast <b>V</b>  <b>Fruit Selections:</b> Tangerine Juice Applesauce	<b>26 Choice of Entrée:</b> Chicken Whole Grain Biscuit  Cheese Omelet/Biscuit  <b>Fruit Selections:</b> Assorted Juice Mandarin Oranges
<b>29 Choice of Entrée:</b> Whole Grain Maple Chicken Sausage Pancake Sandwich  Honey Nut Cheerios with WG Toast  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail	<b>30 Choice of Entrée:</b> Chicken Sausage Bites  Cinnamon Chex with Toast  <b>Fruit Selections:</b> Strawberry Kiwi Banana	<b>31 Choice of Entrée:</b> WG Cheese Toast <b>V</b>  Apple Cinnamon Cheerios with WG Toast  <b>Fruit Selections:</b> White Grape Juice Apple Wedges	<b>1 Choice of Entrée:</b> Chicken Whole Grain Biscuit  Frosted Mini Wheats with WG Biscuit  <b>Fruit Selections:</b> Tangerine Juice Applesauce	<b>2 Choice of Entrée:</b> Pancake N' Links/Syrup  Strawberry Yogurt with Blueberry Muffin Top  <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 : Peaches

#### Nutrition Facts

**Serving Size : 1 Peach = 40 calories**

#### Did you know:

- Peaches are low in calories
- Peaches are a good source of Potassium, Vitamins A & C



### Free/Reduced Applications

Online applications are available on the School Nutrition Website.

<http://www.dekalb.k12.ga.us/www/school-nutrition/>

#### As a Reminder:

Student eligibility from the previous school year is carried over for 30 operating days, into the new school year SY16-17 or until a new application is submitted.

Please allow time for processing. SY15-16 applications will expire on September 23, 2016.

This institution is an equal opportunity provider.

**V = Vegetarian Item**  
**WG = Whole Grain**