



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