



**DeKalb County School District
Smart Bites Health & Wellness
January 2017
Elementary Lunch**

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

MON	TUE	WED	THU	FRI
<p>2</p> <p align="center">No School</p> 	<p>3</p> <p align="center">No School</p>	<p>4</p> <p align="center">No School</p>	<p>5</p> <p>Choice Of One Entrée: Buffalo Chicken/Roll Rib Sandwich</p> <p>Choice of two-three sides: Deli Roasters Green Beans Mandarin Oranges Chilled Pineapple</p>	<p>6</p> <p>Choice of One Entrée: Wild Mike's Cheese Pizza V Wild Mike's Pepperoni Pizza Fish Sticks/Breadstick</p> <p>Choice of two-three sides: Broccoli Lima Beans Applesauce Chilled Peaches</p>
<p>9</p> <p>Choice Of One Entrée: Grilled Cheese Beef/Cheese Burrito</p> <p>Choice of two-three sides: Sweet Potato Fries Whole Kernel Corn Chilled Pineapple Fresh Banana</p> <p>Grab N Go: Mixed Cheese Chef Salad V</p>	<p>10</p> <p>Choice Of One Entrée: Cheese Dippers Grilled Chicken Sandwich</p> <p>Choice of two-three sides: Shredded Lettuce & Tomato Steamed Carrots Chilled Peaches Fresh Pear</p> <p>Grab N Go: Chicken Strip Chef Salad</p>	<p>11</p> <p>Choice Of One Entrée: Hamburger Veggie Burger V Corn dog</p> <p>Choice of two-three sides: Coleslaw Deli Roaster Fruit Cocktail Fresh Tangerine</p> <p>Grab N Go: Mixed Cheese Chef Salad V</p>	<p>12</p> <p>Choice Of One Entrée: Asian Chicken Nuggets/Roll Meatloaf/Roll</p> <p>Choice of two-three sides: Black eyed Peas Collard Greens Fresh Apple Slices Mandarin Oranges</p> <p>Grab N Go: Southwestern Wrap V</p>	<p>13</p> <p>Choice Of One Entrée: Chicken Pepperoni Pizza Bagels Cheese Pizza Bagels V Fish Sticks/Breadstick</p> <p>Choice of two-three sides: Mixed Green Salad Broccoli Applesauce Strawberry Cup</p> <p>With: MLK Birthday Treat</p>
<p>16 Martin Luther King, Jr. Day</p>  <p align="center">No School</p>	<p>17</p> <p>Choice Of One Entrée: Cheese Dippers With Salsa V Fish Sticks/Breadstick</p> <p>Choice of two-three sides: Black-eyed Peas Glazed Sweet Potatoes Chilled Peaches Fresh Pear</p> <p>Grab N Go: Chicken Strip Chef Salad</p>	<p>18</p> <p>Choice Of One Entrée: Galaxy Pepperoni Pizza Galaxy Cheese Pizza V BBQ Chicken Sandwich</p> <p>Choice of two-three sides: Whole Kernel Corn Sliced Carrots Fruit Cocktail Fresh Apple</p> <p>Grab N Go: Charbroiled Chicken Chef Salad</p>	<p>19</p> <p>Choice Of One Entrée Breaded Beef Steak/Breadstick Cheese Quesadilla/Salsa V</p> <p>Choice of two-three sides: Steamed Broccoli Loaded Mashed Potatoes Mandarin Oranges Fresh Apple Slices</p> <p>Grab N Go: Chicken Caesar Wrap</p>	<p>20</p> <p>Choice Of One Entrée General Tso's Chicken/Rice Bean & Cheese Burrito V</p> <p>Choice of two-three sides: Garden Salad Low Sodium Seasoned Fries Applesauce Strawberry Cup</p>
<p>23</p> <p>Choice Of One Entrée: Asian Chicken Bites/Breadstick Cheese Pizza Cruncher V</p> <p>Choice of two-three sides: Mixed Green Salad Broccoli Chilled Pineapple Fresh Banana</p> <p>Grab N Go: Grilled Chicken Chef Salad V</p>	<p>24</p> <p>Choice Of One Entrée: Spaghetti/Breadstick Whole Grain Cheese Boat V</p> <p>Choice of two-three sides: Garden Salad Green Beans Chilled Peaches Fresh Pear</p> <p>Grab N Go: Chicken Strip Chef Salad</p>	<p>25</p> <p>Choice Of One Entrée: Chicken A la Orange/Rice Cheese Calzone/Italian Sauce V</p> <p>Choice of two-three sides: Steamed Carrots Whole Kernel Corn Fruit Cocktail Fresh Tangerine</p> <p>Grab N Go: Charbroiled Chicken Chef Salad</p>	<p>26</p> <p>Choice Of One Entrée: Buffalo Chicken/Roll Rib Sandwich</p> <p>Choice of two-three sides: Farm to School Carrot & Raisin Salad Baked Potato Mandarin Oranges Fresh Apple Slices</p> <p>Grab N Go: Hummus Salad Plate V</p>	<p>27</p> <p>Choice of One Entrée: Wild Mike's Cheese Pizza V Wild Mike's Pepperoni Pizza Fish Sticks/Breadstick</p> <p>Choice of two-three sides: Mixed Green Salad Lima Beans Applesauce Strawberry Cup</p>
<p>30</p> <p>Choice Of One Entrée: Chicken Tenders/Breadstick Beef/Cheese Burrito</p> <p>Choice of two-three sides: Sweet Potato Fries Whole Kernel Corn Chilled Pineapple Fresh Banana</p> <p>Grab N Go: Mixed Cheese Chef Salad V</p>	<p>31</p> <p>Choice Of One Entrée: Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich</p> <p>Choice of two-three sides: Shredded Lettuce & Tomato Steamed Carrots Chilled Peaches Fresh Pear</p> <p>Grab N Go: Chicken Strip Chef Salad</p>	<p>Feb 1</p> <p>Choice Of One Entrée: Hamburger Veggie Burger V Corn dog</p> <p>Choice of two-three sides: Coleslaw Deli Roaster Fruit Cocktail Fresh Tangerine</p> <p>Grab N Go: Mixed Cheese Chef Salad V</p>	<p>Feb 2</p> <p>Choice Of One Entrée: Chicken Drumstick/Cornbread Meatloaf/Cornbread</p> <p>Choice of two-three sides: Black eyed Peas Collard Greens Mandarin Oranges Fresh Apple</p> <p>Grab N Go: Southwestern Wrap V</p>	<p>Feb 3</p> <p>Choice Of One Entrée: Chicken Pepperoni Pizza Bagels Cheese Pizza Bagels V Fish Sticks/Breadstick</p> <p>Choice of two-three sides: Mixed Green Salad Broccoli Applesauce Strawberry Cup</p>

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

Carrots are an excellent source of beta-carotene, and contain high amount of fiber! Beta carotene is important for eyesight, skin health, and normal growth.