



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



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

MON	TUE	WED	THU	FRI
3 Choice Of One Entrée: Chicken Tenders/Breadstick Beef/Cheese Burrito Choice of two-three sides: Sweet Potato Fries Whole Kernel Corn Chilled Pineapple Fresh Orange Grab N Go: Mixed Cheese Chef Salad	4 Choice Of One Entrée: Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich Choice of two-three sides: Shredded Lettuce & Tomato Steamed Carrots Chilled Peaches Fresh Pear Grab N Go: Chicken Strip Chef Salad	5 Choice Of One Entrée: Hamburger Veggie Burger V Corndog Choice of two-three sides: Coleslaw Deli Roaster Fruit Cocktail Fresh Banana Grab N Go: Mixed Cheese Chef Salad V	6 Fall Break	7 Fall Break
10 Columbus Day	11 Choice Of One Entrée: Cheese Dippers With Salsa V Fish Sticks/Breadstick Choice of two-three sides: Black-eyed Peas Glazed Sweet Potatoes Chilled Peaches Fresh Pear Grab N Go: Chicken Strip Chef Salad	12 Choice Of One Entrée: Galaxy Pepperoni Pizza Galaxy Cheese Pizza V BBQ Chicken Sandwich Choice of two-three sides: Whole Kernel Corn Sliced Carrots Fruit Cocktail Fresh Banana Grab N Go: Charbroiled Chicken Chef Salad	13 Choice Of One Entrée Breaded Beef Steak/Breadstick Cheese Quesadilla/Salsa V Choice of two-three sides: Steamed Broccoli Loaded Mashed Potatoes Mandarin Oranges Fresh Apple Grab N Go: Chicken Caesar Wrap	14 Choice Of One Entrée Chicken Chunks/Breadstick Bean & Cheese Burrito V Choice of two-three sides: Garden Salad Low Sodium Seasoned Fries Applesauce Fresh Nectarine
NATIONAL SCHOOL LUNCH WEEK OCT 10—OCT 14, 2016				
17 Choice Of One Entrée: Asian Chicken Bites/Breadstick Beef Nuggets/Breadstick Choice of two-three sides: Mixed Green Salad Broccoli Chilled Pineapple Fresh Orange Grab N Go: Mixed Cheese Chef Salad V	18 Choice Of One Entrée: Spaghetti/Breadstick Whole Grain Cheese Boat V Choice of two-three sides: Garden Salad Green Beans Chilled Peaches Fresh Pear Grab N Go: Chicken Strip Chef Salad	19 Choice Of One Entrée: Breaded Chicken Sandwich Cheese Calzone/Italian Sauce V Choice of two-three sides: Steamed Carrots Whole Kernel Corn Fruit Cocktail Fresh Banana Grab N Go: Charbroiled Chicken Chef Salad	20 Choice Of One Entrée: BBQ Rib Sandwich Cheese Pizza Cruncher V Choice of two-three sides: Carrots/Celery Sticks/Ranch Baked Potato Oranges Fresh Apple Grab N Go: Hummus Salad Plate V	21 Choice of One Entrée: Galaxy Cheese Pizza V Galaxy Pepperoni Pizza Fish Taco/Fruit Salsa Choice of two-three sides: Mixed Green Salad Lima Beans Applesauce Fresh Plums (2)
24 Choice Of One Entrée: Chicken Tenders/Breadstick Beef/Cheese Burrito Choice of two-three sides: Sweet Potato Fries Whole Kernel Corn Chilled Pineapple Fresh Orange Grab N Go: Mixed Cheese Chef Salad	25 Choice Of One Entrée: Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich Choice of two-three sides: Shredded Lettuce & Tomato Steamed Carrots Chilled Peaches Fresh Pear Grab N Go: Chicken Strip Chef Salad	26 Choice Of One Entrée: Hamburger Veggie Burger V Corndog Choice of two-three sides: Coleslaw Deli Roaster Fruit Cocktail Fresh Banana Grab N Go: Mixed Cheese Chef	27 Choice Of One Entrée: Chicken Drumstick/Cornbread Meatloaf/Cornbread Choice of two-three sides: Blackeyed Peas Fresh Steamed Spinach Mandarin Oranges Fresh Apple Grab N Go: Southwestern Wrap V	28 Choice Of One Entrée: Chicken Pepperoni Pizza Bagels Cheese Pizza Bagels V Fish Sticks/Breadstick Choice of two-three sides: Mixed Green Salad Broccoli Applesauce Fresh Nectarine
31 Choice Of One Entrée: Chicken Taco Grilled Cheese V Choice of two-three sides: Shredded Lettuce & Tomato Mexican Black Beans Chilled Pears Fresh Orange With: Chillin' Fruit Ice Grab N Go: Charbroiled Chicken Chef Salad V	Nov 1 Choice Of One Entrée: Cheese Dippers With Salsa V Fish Sticks/Breadstick Choice of two-three sides: Black-eyed Peas Glazed Sweet Potatoes Chilled Peaches Fresh Pear Grab N Go: Chicken Strip Chef Salad	2 Choice Of One Entrée: Galaxy Pepperoni Pizza Galaxy Cheese Pizza V BBQ Chicken Sandwich Choice of two-three sides: Whole Kernel Corn Sliced Carrots Fruit Cocktail Fresh Banana Grab N Go: Charbroiled Chicken Chef Salad	3 Choice Of One Entrée Breaded Beef Steak/Breadstick Cheese Quesadilla/Salsa V Choice of two-three sides: Steamed Broccoli Loaded Mashed Potatoes Mandarin Oranges Fresh Apple Grab N Go: Chicken Caesar Wrap	4 Choice Of One Entrée Chicken Chunks/Breadstick Bean & Cheese Burrito V Choice of two-three sides: Garden Salad Low Sodium Seasoned Fries Applesauce Fresh Plums (2)

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



This institution is an equal opportunity provider

V = Vegetarian Item

WG = Whole Grain

Farm to School: Fresh Spinach

- Spinach is an excellent source of vitamin K, vitamin A, iron, and vitamin E, calcium, potassium and vitamin C.
- 1 C (cooked) = 70 calories