





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

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

MON	TUE	WED	THU	FRI
29 Choice of Entrée: Whole Grain Maple Chicken Sausage Pancake Sandwich Honey Nut Cheerios with WG Toast Fruit Selections: Apple Juice	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: Sausage 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
5 Labor Day 	6 Choice of Entrée: Breakfast Pizza Cinnamon Chex with Toast Fruit Selections: Strawberry Kiwi Juice Applesauce	7 Choice of Entrée: Whole Grain Beef Biscuit Apple Cinnamon Cheerios with WG Biscuit V Fruit Selections: White Grape Juice Banana	8 Choice of Entrée: Chicken & Waffles Frosted Mini Wheats with WG Toast V Fruit Selections: Tangerine Juice  Fresh Cantaloupe	9 Choice of Entrée: WG Cinnamon Mini Waffles V Peach Yogurt with Granola V Fruit Selections: Assorted Juice Mandarin Oranges
12 Choice of Entrée: Breakfast Pizza Honey Nut Cherrios with Toast V Fruit Selections: Apple Juice Fruit Cocktail	13 Choice of Entrée: Sausage Biscuit Cinnamon Chex with Biscuit V Fruit Selections: Strawberry Kiwi Juice Applesauce	14 Choice of Entrée: Scrambled Egg/Toast Apple Cinnamon Cheerios with WG Toast V Fruit Selections: White Grape Juice Banana	15 Choice of Entrée: Turkey Sausage Breakfast Bagel Frosted Mini-Wheats with WG Toast V Fruit Selections: Tangerine Juice Apple Wedges	16 Choice of Entrée: Sausage Biscuit Cheese Omelet/Biscuit Fruit Selections: Assorted Juice Mandarin Oranges
19 Choice of Entrée: Whole Grain Maple Chicken Sausage Pancake Sandwich Honey Nut Cheerios with WG Toast Fruit Selections: Apple Juice Fruit Cocktail	20 Choice of Entrée: Chicken Sausage Bites Cinnamon Chex with Toast Fruit Selections: Strawberry Kiwi Banana	21 Choice of Entrée: WG Cheese Toast V Apple Cinnamon Cheerios with WG Toast Fruit Selections: White Grape Juice Apple Wedges	22 Choice of Entrée: Sausage Biscuit Frosted Mini Wheats with WG Biscuit Fruit Selections: Tangerine Juice Applesauce	23 Choice of Entrée: Pancake N' Links/Syrup Strawberry Yogurt with Blueberry Muffin Top Fruit Selections: Assorted Juice Mandarin Oranges
26 Choice of Entrée: French Toast Sticks/Syrup V Honey Nut Cheerios with WG Toast Fruit Selections: Apple Juice Fruit Cocktail	27 Choice of Entrée: Breakfast Pizza Cinnamon Chex with Toast Fruit Selections: Strawberry Kiwi Juice Applesauce	28 Choice of Entrée: Whole Grain Beef Biscuit Apple Cinnamon Cheerios with WG Biscuit V Fruit Selections: White Grape Juice Banana	29 Choice of Entrée: Chicken & Waffles Frosted Mini Wheats with WG Toast V Fruit Selections: Tangerine Juice Applesauce	30 Choice of Entrée: WG Cinnamon Mini Waffles V Peach Yogurt with Granola V 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: Fresh Cantaloupe

1/2 C = 15 Calories

Cantaloupe is an excellent source of Vitamin A, and is rich in antioxidants. It is 90 percent water, making it the perfect fruit to help with hydration during these hot and sticky summer months. The fruit (also known as muskmelon) is part of the gourd family and is known for being super-hydrating and sweet



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 and employer.

V = Vegetarian Item
WG = Whole Grain