



DeKalb County School District Smart Bites Health & Wellness Elementary Breakfast Menu September 2017



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

MON	TUE	WED	THU	FRI
28 Choice of Entrée: Turkey Sausage Biscuit Go Big Strawberry Yogurt with Cinnamon Toast Crunch Cereal Pouch Fruit Selections: Apple Juice Fruit Cocktail	29 Choice of Entrée: Pancake N Link/Syrup Cherry Frudel Fruit Selections: Strawberry Kiwi Juice Orange Wedges	30 Choice of Entrée: Salsa Egg & Cheese Flatbread Cinnamon Chex /Biscuit V Fruit Selections: White Grape Juice Chilled Peaches	31 Choice of Entrée: Chicken Biscuit Frosted Mini Wheats WG Toast V Fruit Selections: Blueberry Juice Fresh Apple Wedges	1 Choice of Entrée: Mini Bagels with Strawberry Cream Cheese V Cheese Omelet/ WG Biscuit Fruit Selections: Assorted Juice Assorted Fresh Fruit
 Labor Day	5 Choice of Entrée: Cheese Toast Waffle/Sausage Patty/Syrup Fruit Selections: Strawberry Kiwi Juice Orange Wedges	6 "Read a Book Day" Choice of Entrée: French Toast Bar V Scrambled Eggs/Biscuit Fruit Selections: White Grape Juice Chilled Peaches	7 Choice of Entrée: Mini Cinnis Cheese Breakfast Bagel Fruit Selections: Orange Tangerine Juice Fresh Apple Wedges	8 Choice of Entrée: Go Big Yogurt/ Muffin Top Frosted Flakes Cereal /Muffin Top Fruit Selections: Assorted Juice Assorted Fresh Fruit
11 Choice of Entrée: Breakfast Pizza V Apple Cinnamon Cheerios with WG Biscuit V Fruit Selections: Apple Juice Fruit Cocktail	12 Choice of Entrée: Mini Bagel with Cream Cheese Cheese Omelet/Toast With: WG Grits Fruit Selections: Strawberry Kiwi Juice Orange Wedges	13 "Positive Thinking Day" Choice of Entrée Peach Stuffed Biscuit V Turkey Sausage Breakfast Bagel Fruit Selections: White Grape Juice Chilled Peaches	14 Choice of Entrée: Apple Frudel V Frosted Mini Wheats/Toast With: WG Grits Fruit Selections: Orange Tangerine Juice Fresh Apple Wedges	15 Choice of Entrée Breaded Beef Biscuit Peach Yogurt with Granola V Fruit Selections: Assorted Juice Assorted Fresh Fruit
18 Choice of Entrée: Turkey Sausage Biscuit Go Big Strawberry Yogurt with Cinnamon Toast Crunch Cereal Pouch Fruit Selections: Apple Juice Fruit Cocktail	19 Choice of Entrée: Pancake N Link/Syrup Cherry Frudel Fruit Selections: Strawberry Kiwi Juice Orange Wedges	20 Choice of Entrée: Salsa Egg & Cheese Flatbread Cinnamon Chex /Biscuit V Fruit Selections: White Grape Juice Chilled Peaches	21 Choice of Entrée: Chicken Biscuit Frosted Mini Wheats WG Toast V Fruit Selections: Orange Tangerine Juice Fresh Fuji Apple	22 Choice of Entrée: Mini Bagels with Strawberry Cream Cheese V Cheese Omelet/ WG Biscuit Fruit Selections: Assorted Juice Assorted Fresh Fruit
25 Choice of Entrée: Sausage & Waffle Sandwich French Toast Sticks/Syrup V Fruit Selections: Apple Juice Fruit Cocktail	26 "Johnny Appleseed Day" Choice of Entrée: Cheese Toast Waffle/Sausage Patty/Syrup Fruit Selections: Strawberry Kiwi Juice Fresh Apple Wedges	27 Choice of Entrée: French Toast Bar V Scrambled Eggs/Biscuit Fruit Selections: White Grape Juice Chilled Peaches	28 Choice of Entrée: Mini Cinni Cheese Breakfast Bagel Fruit Selections: Orange Tangerine Juice Fresh Orange Wedges	29 Choice of Entrée: Go Big Yogurt/ Muffin Top Frosted Flakes Cereal /Muffin Top Fruit Selections: Assorted Juice Assorted Fresh Fruit

2017-2018 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: Fuji Apples Fun Facts:



- The Fuji Apple is a cross between two American varieties: Red Delicious and a Ralls Janet apples
 - Has one of the highest sugar contents of apples on the market at about 14g of sugar per 100g.
 - Contains Vitamins A and C, as well trace amounts of folate and potassium
 - Good source of both soluble and insoluble fiber,
- 1 C = 69 calories**

Free/Reduced Applications

A child's eligibility from the previous school year is carried into the current school year for up to 30 operating days, beginning on the first operating day of school. **SY 2016-2017. Meal Lunch Applications will expire on September 18, 2017.**

Online applications are available :
<https://www.schoolcafe.com/>

schoolcafe

This institution is an equal opportunity provider .

V = Vegetarian Item
WG = Whole Grain