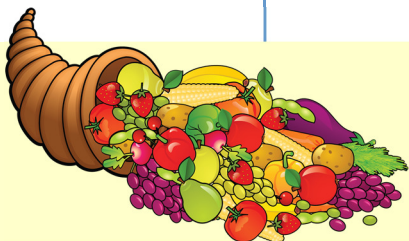




## DeKalb County School District Smart Bites Health & Wellness November 2016 Elementary Lunch

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

| MON   | TUE  | WED   | THU  | FRI  |
|---|--|---|--|--|
| <b>31 Choice Of One Entrée:</b><br>Chicken Taco<br>Grilled Cheese V<br><b>Choice of two-three sides:</b><br>Shredded Lettuce & Tomato<br>Mexican Black Beans<br>Chilled Pears<br>Fresh Banana<br><b>With: Chillin' Bat Fruit Ice</b><br><b>Grab N Go:</b><br>Charbroiled Chicken Chef Salad | <b>Nov 1 Choice Of One Entrée:</b><br>Cheese Dippers With Salsa V<br>Fish Sticks/Breadstick<br><b>Choice of two-three sides:</b><br>Black-eyed Peas<br>Glazed Sweet Potatoes<br>Chilled Peaches<br>Fresh Pear<br><b>Grab N Go:</b><br>Chicken Strip Chef Salad             | <b>2 Choice Of One Entrée:</b><br>Galaxy Pepperoni Pizza<br>Galaxy Cheese Pizza V<br>BBQ Chicken Sandwich<br><b>Choice of two-three sides:</b><br>Whole Kernel Corn<br>Sliced Carrots<br>Fruit Cocktail<br>Fresh Apple<br><b>Grab N Go:</b><br>Charbroiled Chicken Chef Salad | <b>3 Choice Of One Entrée</b><br>Breaded Beef Steak/Breadstick<br>Cheese Quesadilla/Salsa V<br><b>Choice of two-three sides:</b><br>Steamed Broccoli<br>Loaded Mashed Potatoes<br>Mandarin Oranges<br>Fresh Apple Slices<br><b>Grab N Go:</b><br>Chicken Caesar Wrap   | <b>4 Choice Of One Entrée</b><br>Chicken Chunks/Breadstick<br>Bean & Cheese Burrito V<br><b>Choice of two-three sides:</b><br>Garden Salad<br>Low Sodium Seasoned Fries<br>Applesauce<br>Fresh Orange                    |
| <b>7 Choice Of One Entrée:</b><br>Asian Chicken Bites/Breadstick<br>Cheese Pizza Cruncher V<br><b>Choice of two-three sides:</b><br>Mixed Green Salad<br>Broccoli<br>Chilled Pineapple<br>Fresh Banana<br><b>Grab N Go:</b><br>Charbroiled Chicken Chef Salad                               | <b>8</b><br>  | <b>9 Choice Of One Entrée:</b><br>Breaded Chicken Sandwich<br>Cheese Calzone/Italian Sauce V<br><b>Choice of two-three sides:</b><br>Steamed Carrots<br>Whole Kernel Corn<br>Fruit Cocktail<br>Fresh Tangerine<br><b>Grab N Go:</b><br>Charbroiled Chicken Chef Salad         | <b>10 Choice Of One Entrée:</b><br>Buffalo Chicken/Roll<br>Beef Nuggets/Breadstick<br><b>Choice of two-three sides:</b><br>Carrots/Celery Sticks/Ranch<br> <b>Fresh Sweet Potato</b><br>Mandarin Oranges<br>Fresh Apple Slices<br><b>Grab N Go:</b><br>Hummus Salad Plate V | <b>11 Choice of One Entrée:</b><br>Galaxy Cheese Pizza V<br>Galaxy Pepperoni Pizza<br>Fish Sticks/Breadstick<br><b>Choice of two-three sides:</b><br>Mixed Green Salad<br>Lima Beans<br>Applesauce<br>Fresh Orange       |
| <b>14 Choice Of One Entrée:</b><br>Chicken Tenders/Breadstick<br>Beef/Cheese Burrito<br><b>Choice of two-three sides:</b><br>Sweet Potato Fries<br>Whole Kernel Corn<br>Chilled Pineapple<br>Fresh Banana<br><b>Grab N Go:</b> Mixed Cheese Chef Salad                                      | <b>15 Choice Of One Entrée:</b><br>Beef & Cheese Nachos<br>Cheese Nachos V<br>Grilled Chicken Sandwich<br><b>Choice of two-three sides:</b><br>Shredded Lettuce & Tomato<br>Steamed Carrots<br>Chilled Peaches<br>Fresh Pear<br><b>Grab N Go:</b> Chicken Strip Chef Salad | <b>16 Choice Of One Entrée:</b><br>Hamburger<br>Veggie Burger V<br>Corn dog<br><b>Choice of two-three sides:</b><br>Coleslaw<br>Deli Roaster<br>Fruit Cocktail<br>Fresh Tangerine<br><b>Grab N Go:</b><br>Mixed Cheese Chef Salad V   | <b>17 Choice Of One Entrée:</b><br>Roast Turkey/Gravy<br>Holiday Ham (Pork)<br><b>With</b><br>Cornbread Dressing<br>Glazed Sweet Potatoes<br>Green Beans<br>Mandarin Oranges<br>Fall Strawberry Mango Sidekick Roll<br><b>Grab N Go:</b><br>Southwestern Wrap V  | <b>18 Choice Of One Entrée:</b><br>Chicken Pepperoni Pizza Bagels<br>Cheese Pizza Bagels V<br>Fish Sticks/Breadstick<br><b>Choice of two-three sides:</b><br>Mixed Green Salad<br>Broccoli<br>Applesauce<br>Fresh Orange |



### Happy Thanksgiving!

*School closed November 21– 25, 2016*



|  |   |  |  |   |
|--|---|--|--|---|
| <b>28 Choice Of One Entrée:</b><br>Chicken Taco<br>Grilled Cheese V<br><b>Choice of two-three sides:</b><br>Shredded Lettuce & Tomato<br>Mexican Black Beans<br>Chilled Pears<br>Fresh Banana<br><b>Grab N Go:</b><br>Charbroiled Chicken Chef Salad V | <b>29 Choice Of One Entrée:</b><br>Cheese Dippers With Salsa V<br>Fish Sticks/Breadstick<br><b>Choice of two-three sides:</b><br>Black-eyed Peas<br>Glazed Sweet Potatoes<br>Chilled Peaches<br>Fresh Pear<br><b>Grab N Go:</b><br>Chicken Strip Chef Salad | <b>30 Choice Of One Entrée:</b><br>Galaxy Pepperoni Pizza<br>Galaxy Cheese Pizza V<br>BBQ Chicken Sandwich<br><b>Choice of two-three sides:</b><br>Whole Kernel Corn<br>Sliced Carrots<br>Fruit Cocktail<br>Fresh Apple<br><b>Grab N Go:</b><br>Charbroiled Chicken Chef Salad | <b>Dec 1 Choice Of One Entrée</b><br>Breaded Beef Steak/Breadstick<br>Cheese Quesadilla/Salsa V<br><b>Choice of two-three sides:</b><br>Steamed Broccoli<br>Loaded Mashed Potatoes<br>Mandarin Oranges<br>Fresh Apple Slices<br><b>Grab N Go:</b><br>Chicken Caesar Wrap | <b>2 Choice Of One Entrée</b><br>Chicken Chunks/Breadstick<br>Bean & Cheese Burrito V<br><b>Choice of two-three sides:</b><br>Garden Salad<br>Low Sodium Seasoned Fries<br>Applesauce<br>Fresh Orange |
|--|---|--|--|---|

#### 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 Sweet Potatoes

- High in Fiber (4g – one medium sized sweet potato)
- Fat free
- Low in sodium
- Low in cholesterol and saturated fat
- Good source of vitamin B6, vitamin A and vitamin C



This institution is an equal opportunity provider.

**V = Vegetarian Item**  
**WG = Whole Grain**