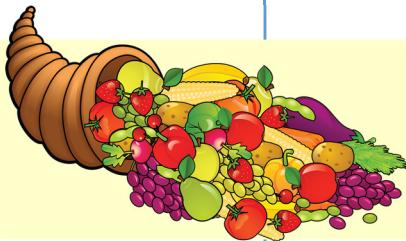




DeKalb County School District
Smart Bites Health & Wellness
November 2016
Elementary Lunch

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

MON	TUE	WED	THU	FRI
31 Choice Of One Entrée: Chicken Taco Grilled Cheese V Choice of two-three sides: Shredded Lettuce & Tomato Mexican Black Beans Chilled Pears Fresh Banana With: Chillin' Bat Fruit Ice Grab N Go: Charbroiled Chicken Chef Salad	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 Apple 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 Slices 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 Orange
7 Choice Of One Entrée: Asian Chicken Bites/Breadstick Cheese Pizza Cruncher V Choice of two-three sides: Mixed Green Salad Broccoli Chilled Pineapple Fresh Banana Grab N Go: Charbroiled Chicken Chef Salad	8 	9 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 Tangerine Grab N Go: Charbroiled Chicken Chef Salad	10 Choice Of One Entrée: Buffalo Chicken/Roll Beef Nuggets/Breadstick Choice of two-three sides: Carrots/Celery Sticks/Ranch Fresh Sweet Potato Mandarin Oranges Fresh Apple Slices Grab N Go: Hummus Salad Plate V	11 Choice of One Entrée: Galaxy Cheese Pizza V Galaxy Pepperoni Pizza Fish Sticks/Breadstick Choice of two-three sides: Mixed Green Salad Lima Beans Applesauce Fresh Orange
14 Choice Of One Entrée: Chicken Tenders/Breadstick Beef/Cheese Burrito Choice of two-three sides: Sweet Potato Fries Whole Kernel Corn Chilled Pineapple Fresh Banana Grab N Go: Mixed Cheese Chef Salad	15 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	16 Choice Of One Entrée: Hamburger Veggie Burger V Corndog Choice of two-three sides: Coleslaw Deli Roaster Fruit Cocktail Fresh Tangerine Grab N Go: Mixed Cheese Chef Salad V	17 Choice Of One Entrée: Roast Turkey/Gravy Holiday Ham (Pork) I With Cornbread Dressing Glazed Sweet Potatoes Green Beans Mandarin Oranges Fall Strawberry Mango Sidekick Roll Grab N Go: Southwestern Wrap V	18 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 Orange
28 Choice Of One Entrée: Chicken Taco Grilled Cheese V Choice of two-three sides: Shredded Lettuce & Tomato Mexican Black Beans Chilled Pears Fresh Banana Grab N Go: Charbroiled Chicken Chef Salad V	29 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	30 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 Apple Grab N Go: Charbroiled Chicken Chef Salad	Dec 1 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 Slices Grab N Go: Chicken Caesar Wrap	2 Choice Of One Entrée Chicken Chunks/Breadstick Bean & Cheese Burrito V Choice of two-three sides: Garden Salad Low Sodium Seasoned Fries Applesauce Fresh Orange



Happy Thanksgiving!

School closed November 21–25, 2016



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.