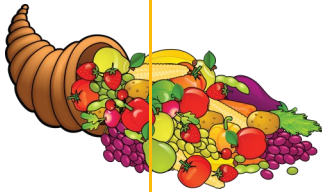





DeKalb County School District Smart Bites Health & Wellness Elementary School Lunch Menu November 2017

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

| MON | TUE | WED | THU | FRI |
|--|---|--|--|---|
|  | | 1 Choice Of One Entrée: Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich Choice of one-four sides: Shredded Lettuce & Tomato Broccoli Fruit Cocktail Fresh Banana Grab N Go: Charbroiled Chicken Salad | 2 Choice Of One Entrée: Chicken Drumstick/Garlic Knot Mozzarella Sticks/ Italian Dipping Sauce V Choice of one-four sides: Lima Beans Collard Greens Chilled Pears Fresh Orange Wedges Grab N Go: Fajita Chicken Chef Salad | 3 Your Way Friday Chicken A la Orange Or Teriyaki Chicken Served over choice of: Asian Yakisoba Noodles or Brown Rice Choice of one-four sides: Oriental Vegetable Blend Green Beans Mandarin Oranges Assorted Fresh Fruit Grab N Go: Mixed Cheese Chef Salad V |
| | 6 Choice Of One Entrée: Breaded Chicken Sandwich Chicken Chili Crispito/Cheese Choice of one-four sides: Shredded Lettuce & Tomato Mexican Pinto Beans Chilled Peaches Fresh Apple Wedges Grab N Go: Mixed Cheese Chef Salad V | 7 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V BBQ Rib Sandwich Choice of one-four sides: Mixed Green Salad Glazed Sweet Potatoes Applesauce Fresh Pears Grab N Go: Turkey Cheese Chicken Salad | 8 Choice Of One Entrée: Hamburger Veggie Burger V Hot Dog Choice of one-four sides: Curly Seasoned Fries Fresh Zucchini & Basil Fruit Cocktail Fresh Bananas Grab N Go: Charbroiled Chicken Chef Salad | 9 Choice Of One Entrée BBQ Poultry Sandwich Cheese Dippers/Salsa V Choice of one-four sides: Broccoli Loaded Mashed Potatoes Chilled Pears Fresh Orange Wedges Grab N Go: Fajita Chicken Salad V |
| 13 Choice Of One Entrée: Asian Chicken Bites/Breadstick Mini Cheese Calzone/Italian Sauce/ Breadstick V Choice of one-four sides: Steamed Broccoli Mixed Green Salad Chilled Pineapple Fresh Apple Wedges Grab N Go: Asian Chicken Salad | 14 Choice Of One Entrée: Chicken Tenders/Breadstick French Bread Cheese Boat V Choice of one-four sides: Green Beans Garden Salad Mandarin Oranges Fresh Pears Grab N Go: Turkey Cheese Chef Salad |  15 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Corn Dog Choice of one-four sides: Steamed Carrots Whole Kernel Corn Fruit Cocktail Fresh Bananas Grab N Go: Charbroiled Chicken Salad | 16 Thanksgiving Holiday Meal Roasted Turkey or Holiday Ham Served with: Cornbread Dressing Glazed Sweet Potatoes Green Beans Fresh Fruit Bowl Mandarin Oranges Roll Thanksgiving Cookie Grab-n-Go Mixed Cheese Chef Salad V | 17 You Way Friday—Tacos! Mexican Chicken Classic Mexican Beef Served with choice of: Crispy Taco Shell or Soft Tortilla Choice of one-four sides: Shredded Lettuce/Tomatoes Mexican Corn Sliced Peaches Assorted Fresh Fruit With: Mexican Rice Grab N Go: Yogurt & Cheese Fruit Plate V |

Happy Thanksgiving!

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|---|---|--|--|
| 27 Choice Of One Entrée: Galaxy Pepperoni Pizza Galaxy Cheese Pizza V Philly Steak Pinwheel Choice of two-three sides: Mixed Green Salad Whole Kernel Corn Chilled Peaches Fresh Apples Wedges Grab N Go: Charbroiled Chicken Salad | 28 Choice Of One Entrée: Mini Cheese Ravioli /Breadstick V BBQ Grilled Chicken Nuggets/Breadstick Choice of one-four sides: Tossed Salad Steamed Carrots Cinnamon Applesauce Fresh Pears Grab N Go: Turkey Cheese Chef Salad | 29 Choice Of One Entrée: Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich Choice of one-four sides: Shredded Lettuce & Tomato Broccoli Fruit Cocktail Fresh Banana Grab N Go: Charbroiled Chicken Salad | 30 Choice Of One Entrée: Chicken Drumstick/Garlic Knot Mozzarella Sticks/ Italian Dipping Sauce V Choice of one-four sides: Acorn Sauash Collard Greens Chilled Pears Fresh Orange Wedges Grab N Go: Fajita Chicken Chef Salad |
|---|---|--|--|



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 : Butternut Squash

- Low in sodium, fat and calories
 - Great source of a complex carbohydrate
 - Rich source of antioxidants
- 1/2 C = 32 Calories**



This institution is an equal opportunity provider