



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
 <p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>	<p>15 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Corndog Choice of one-four sides: Steamed Carrots Whole Kernel Corn Fruit Cocktail Fresh Bananas Grab N Go: Charbroiled Chicken Salad</p>	<p>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</p>	<p>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</p>
<p>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 Apple Wedges Grab N Go: Charbroiled Chicken Salad</p>	<p>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</p>	<p>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</p>	<p>30 Choice Of One Entrée: Chicken Drumstick/Garlic Knot Mozzarella Sticks/ Italian Dipping Sauce V Choice of one-four sides: Acorn Squash Collard Greens Chilled Pears Fresh Orange Wedges Grab N Go: Fajita Chicken Chef Salad</p>	

Happy Thanksgiving!

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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

V = Vegetarian Item

WG = Whole Grain