



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

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

| MON | TUE | WED | THU | FRI |
|--|--|---|---|--|
| 29 Choice Of One Entrée: Chicken Taco Grilled Cheese V Choice of two-three sides: Shredded Lettuce & Tomato Mexican Black Beans Chilled Pears Fresh Apple Grab N Go: Charbroiled Chicken Chef Salad V | 30 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 | 31 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 Banana Grab N Go: Charbroiled Chicken Chef Salad | 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 |
| 5  | 6 Choice Of One Entrée: Spaghetti/Breadstick Whole Grain Cheese Boat V Choice of two-three sides: Garden Salad Green Beans Chilled Peaches Fresh Pear Grab N Go: Chicken Strip Chef Salad | 7 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 Banana Grab N Go: Charbroiled Chicken Chef Salad | 8 Choice Of One Entrée: BBQ Chicken/Roll Cheese Pizza Cruncher V Choice of two-three sides: Carrots/Celery Sticks/Ranch Baked Potato Mandarin Oranges Fresh Apple Slices Grab N Go: Hummus Salad Plate V | 9 Choice of One Entrée: Galaxy Cheese Pizza V Galaxy Pepperoni Pizza Fish Taco/Fruit Salsa Choice of two-three sides: Mixed Green Salad Lima Beans Applesauce Fresh Orange |
| 12 Choice Of One Entrée: Chicken Tenders/Breadstick Beef/Cheese Burrito Choice of two-three sides: Sweet Potato Fries Whole Kernel Corn Chilled Pineapple Fresh Apple Grab N Go: Mixed Cheese Chef Salad V | 13 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 | 14 Choice Of One Entrée: Hamburger Veggie Burger V Corn dog Choice of two-three sides: Coleslaw Deli Roaster Fruit Cocktail Fresh Banana Grab N Go: Mixed Cheese Chef Salad V | 15 Choice Of One Entrée: Chicken Drumstick/Cornbread Meatloaf/Cornbread Choice of two-three sides: Blackeyed Peas Collard Greens Mandarin Oranges Fresh Sliced Apple Grab N Go: Southwestern Wrap V | 16 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 |
| 19 Choice Of One Entrée: Chicken Taco Grilled Cheese V Choice of two-three sides: Shredded Lettuce & Tomato Mexican Black Beans Chilled Pears Fresh Apple Grab N Go: Charbroiled Chicken Chef Salad V | 20 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 | 21 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 Banana Grab N Go: Charbroiled Chicken Chef Salad | 22 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 | 23 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 |
| 26 Choice Of One Entrée: Asian Chicken Bites/Breadstick Beef Nuggets/Breadstick Choice of two-three sides: Mixed Green Salad Broccoli Chilled Pineapple Fresh Apple Grab N Go: Mixed Cheese Chef Salad V | 27 Choice Of One Entrée: Spaghetti/Breadstick Whole Grain Cheese Boat V Choice of two-three sides: Garden Salad Green Beans Chilled Peaches Fresh Pear Grab N Go: Chicken Strip Chef Salad | 28 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 Banana Grab N Go: Charbroiled Chicken Chef Salad | 29 Choice Of One Entrée: BBQ Chicken/Roll Cheese Pizza Cruncher V Choice of two-three sides: Carrots/Celery Sticks/Ranch Baked Potato Mandarin Oranges Fresh Apple Slices Grab N Go: Hummus Salad Plate V | 30 Choice of One Entrée: Galaxy Cheese Pizza V Galaxy Pepperoni Pizza Fish Taco/Fruit Salsa Choice of two-three sides: Mixed Green Salad Lima Beans Applesauce Fresh Orange |

2016- 2017 Elementary Meal Prices

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|---------------------|--------|
| 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 Pears

Pears are an excellent source of dietary fiber and a good source of vitamin C. Pears also offer potassium. A medium pear has about 100 calories.

Free/Reduced Applications

Online applications are available on the School Nutrition Website.

<http://www.dekalb.k12.ga.us/www/school-nutrition/>

SY15-16 applications expire on September 23, 2016.

This institution is an equal opportunity provider.