



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
	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 Corndog 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

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.