



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



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

MON	TUE	WED	THU	FRI
<p><b>3 Choice Of One Entrée:</b>                      Chicken Tenders/Breadstick                      Beef/Cheese Burrito  <b>Choice of two-three sides:</b>                      Sweet Potato Fries                      Whole Kernel Corn                      Chilled Pineapple                      Fresh Orange  <b>Grab N Go:</b> Mixed Cheese Chef Salad</p>	<p><b>4 Choice Of One Entrée:</b>                      Beef &amp; Cheese Nachos                      Cheese Nachos V                      Grilled Chicken Sandwich  <b>Choice of two-three sides:</b>                      Shredded Lettuce &amp; Tomato                      Steamed Carrots                      Chilled Peaches                      Fresh Pear  <b>Grab N Go:</b> Chicken Strip Chef Salad</p>	<p><b>5 Choice Of One Entrée:</b>                      Hamburger                      Veggie Burger V                      Corn dog  <b>Choice of two-three sides:</b>                      Coleslaw                      Deli Roaster                      Fruit Cocktail                      Fresh Banana  <b>Grab N Go:</b> Mixed Cheese Chef Salad V</p>	<p><b>6</b>                        Fall Break</p>	<p><b>7</b>                        Fall Break</p>
<p><b>10</b>                        Columbus Day</p>	<p><b>11 Choice Of One Entrée:</b>                      Cheese Dippers With Salsa V                      Fish Sticks/Breadstick  <b>Choice of two-three sides:</b>                      Black-eyed Peas                      Glazed Sweet Potatoes                      Chilled Peaches                      Fresh Pear  <b>Grab N Go:</b> Chicken Strip Chef Salad</p>	<p><b>12 Choice Of One Entrée:</b>                      Galaxy Pepperoni Pizza                      Galaxy Cheese Pizza V                      BBQ Chicken Sandwich  <b>Choice of two-three sides:</b>                      Whole Kernel Corn                      Sliced Carrots                      Fruit Cocktail                      Fresh Banana  <b>Grab N Go:</b> Charbroiled Chicken Chef Salad</p>	<p><b>13 Choice Of One Entrée</b>                      Breaded Beef Steak/Breadstick                      Cheese Quesadilla/Salsa V  <b>Choice of two-three sides:</b>                      Steamed Broccoli                      Loaded Mashed Potatoes                      Mandarin Oranges                      Fresh Apple  <b>Grab N Go:</b> Chicken Caesar Wrap</p>	<p><b>14 Choice Of One Entrée</b>                      Chicken Chunks/Breadstick                      Bean &amp; Cheese Burrito V  <b>Choice of two-three sides:</b>                      Garden Salad                      Low Sodium Seasoned Fries                      Applesauce                      Fresh Nectarine</p>

**NATIONAL SCHOOL LUNCH WEEK OCT 10—OCT 14, 2016**

<p><b>17 Choice Of One Entrée:</b>                      Asian Chicken Bites/Breadstick                      Beef Nuggets/Breadstick  <b>Choice of two-three sides:</b>                      Mixed Green Salad                      Broccoli                      Chilled Pineapple                      Fresh Orange  <b>Grab N Go:</b> Mixed Cheese Chef Salad V</p>	<p><b>18 Choice Of One Entrée:</b>                      Spaghetti/Breadstick                      Whole Grain Cheese Boat V  <b>Choice of two-three sides:</b>                      Garden Salad                      Green Beans                      Chilled Peaches                      Fresh Pear  <b>Grab N Go:</b> Chicken Strip Chef Salad</p>	<p><b>19 Choice Of One Entrée:</b>                      Breaded Chicken Sandwich                      Cheese Calzone/Italian Sauce V  <b>Choice of two-three sides:</b>                      Steamed Carrots                      Whole Kernel Corn                      Fruit Cocktail                      Fresh Banana  <b>Grab N Go:</b> Charbroiled Chicken Chef Salad</p>	<p><b>20 Choice Of One Entrée:</b>                      BBQ Rib Sandwich                      Cheese Pizza Cruncher V  <b>Choice of two-three sides:</b>                      Carrots/Celery Sticks/Ranch                      Baked Potato                      Oranges                      Fresh Apple  <b>Grab N Go:</b> Hummus Salad Plate V</p>	<p><b>21 Choice of One Entrée:</b>                      Galaxy Cheese Pizza V                      Galaxy Pepperoni Pizza                      Fish Taco/Fruit Salsa  <b>Choice of two-three sides:</b>                      Mixed Green Salad                      Lima Beans                      Applesauce                      Fresh Plums (2)</p>
<p><b>24 Choice Of One Entrée:</b>                      Chicken Tenders/Breadstick                      Beef/Cheese Burrito  <b>Choice of two-three sides:</b>                      Sweet Potato Fries                      Whole Kernel Corn                      Chilled Pineapple                      Fresh Orange  <b>Grab N Go:</b> Mixed Cheese Chef Salad</p>	<p><b>25 Choice Of One Entrée:</b>                      Beef &amp; Cheese Nachos                      Cheese Nachos V                      Grilled Chicken Sandwich  <b>Choice of two-three sides:</b>                      Shredded Lettuce &amp; Tomato                      Steamed Carrots                      Chilled Peaches                      Fresh Pear  <b>Grab N Go:</b> Chicken Strip Chef Salad</p>	<p><b>26 Choice Of One Entrée:</b>                      Hamburger                      Veggie Burger V                      Corn dog  <b>Choice of two-three sides:</b>                      Coleslaw                      Deli Roaster                      Fruit Cocktail                      Fresh Banana  <b>Grab N Go:</b> Mixed Cheese Chef</p>	<p><b>27 Choice Of One Entrée:</b>                      Chicken Drumstick/Cornbread                      Meatloaf/Cornbread  <b>Choice of two-three sides:</b>                      Blackeyed Peas  <b>Fresh Steamed Spinach</b>                      Mandarin Oranges                      Fresh Apple  <b>Grab N Go:</b> Southwestern Wrap V</p>	<p><b>28 Choice Of One Entrée:</b>                      Chicken Pepperoni Pizza Bagels                      Cheese Pizza Bagels V                      Fish Sticks/Breadstick  <b>Choice of two-three sides:</b>                      Mixed Green Salad                      Broccoli                      Applesauce                      Fresh Nectarine</p>
<p><b>31 Choice Of One Entrée:</b>                      Chicken Taco                      Grilled Cheese V  <b>Choice of two-three sides:</b>                      Shredded Lettuce &amp; Tomato                      Mexican Black Beans                      Chilled Pears                      Fresh Orange                      With: Chillin' Fruit Ice  <b>Grab N Go:</b> Charbroiled Chicken Chef Salad V</p>	<p><b>Nov 1 Choice Of One Entrée:</b>                      Cheese Dippers With Salsa V                      Fish Sticks/Breadstick  <b>Choice of two-three sides:</b>                      Black-eyed Peas                      Glazed Sweet Potatoes                      Chilled Peaches                      Fresh Pear  <b>Grab N Go:</b> Chicken Strip Chef Salad</p>	<p><b>2 Choice Of One Entrée:</b>                      Galaxy Pepperoni Pizza                      Galaxy Cheese Pizza V                      BBQ Chicken Sandwich  <b>Choice of two-three sides:</b>                      Whole Kernel Corn                      Sliced Carrots                      Fruit Cocktail                      Fresh Banana  <b>Grab N Go:</b> Charbroiled Chicken Chef Salad</p>	<p><b>3 Choice Of One Entrée</b>                      Breaded Beef Steak/Breadstick                      Cheese Quesadilla/Salsa V  <b>Choice of two-three sides:</b>                      Steamed Broccoli                      Loaded Mashed Potatoes                      Mandarin Oranges                      Fresh Apple  <b>Grab N Go:</b> Chicken Caesar Wrap</p>	<p><b>4 Choice Of One Entrée</b>                      Chicken Chunks/Breadstick                      Bean &amp; Cheese Burrito V  <b>Choice of two-three sides:</b>                      Garden Salad                      Low Sodium Seasoned Fries                      Applesauce                      Fresh Plums (2)</p>

**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 Spinach**

- Spinach is an excellent source of vitamin K, vitamin A, iron, and vitamin E, calcium, potassium and vitamin C.
- 1 C (cooked) = 70 calories

This institution is an equal opportunity provider

**V = Vegetarian Item**  
**WG = Whole Grain**