




DeKalb County School District Smart Bites Health & Wellness Elementary Breakfast Menu December 2017

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

MON	TUE	WED	THU	FRI
				1 Choice of Entrée: Mini Bagels with Strawberry Cream Cheese V Cheese Omelet/ WG Biscuit Fruit Selections: Assorted Juice Assorted Fresh Fruit
4 Choice of Entrée: Sausage & Waffle Sandwich French Toast Sticks/Syrup V Fruit Selections: Apple Juice Fruit Cocktail	5 Choice of Entrée: Cheese Toast V Waffle/Sausage Patty/Syrup Fruit Selections: Strawberry Kiwi Juice Fresh Apple Wedges	6 Choice of Entrée: French Toast Bar V Scrambled Eggs/Biscuit Fruit Selections: White Grape Juice Chilled Peaches	7 Choice of Entrée: Mini Cinni V Cheese Breakfast Bagel V Fruit Selections: Orange Tangerine Juice Fresh Orange Wedges	8 Choice of Entrée: Go Big Yogurt/ Muffin Top V Frosted Flakes Cereal /Muffin Top V Fruit Selections: Assorted Juice
11 Choice of Entrée: Breakfast Pizza Apple Cinnamon Cheerios with WG Biscuit V Fruit Selections: Apple Juice Fruit Cocktail	12 Choice of Entrée: Mini Bagel with Cream Cheese V Cheese Omelet/Toast V With: WG Grits Fruit Selections: Strawberry Kiwi Juice Orange Wedges	13 Choice of Entrée Peach Stuffed Biscuit V Turkey Sausage Breakfast Bagel Fruit Selections: White Grape Juice Chilled Peaches	14 Choice of Entrée: Apple Frudel V Frosted Mini Wheats/Toast V With: WG Grits Fruit Selections: Orange Tangerine Juice Fresh Grapefruit 	15 Choice of Entrée Breaded Beef Biscuit Peach Yogurt with Granola V Fruit Selections: Assorted Juice Assorted Fresh Fruit
18 Choice of Entrée: Turkey Sausage Biscuit Go Big Strawberry Yogurt with Cinnamon Toast Crunch Cereal Pouch Fruit Selections: Apple Juice	19 Choice of Entrée: Pancake N Link/Syrup V Cherry Frudel V Fruit Selections: Strawberry Kiwi Juice Orange Wedges	20 Choice of Entrée: Salsa Egg & Cheese Flatbread Cinnamon Chex /Biscuit V Fruit Selections: White Grape Juice Chilled Peaches		

Winter Break



December 21 – January 3

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: Grapefruit

Grapefruits are low in calories and are an excellent source of vitamins A and C.

1/2 medium pink grapefruit = 52 Calories

This institution is an equal opportunity provider .

V = Vegetarian Item
WG = Whole Grain