



DeKalb County School District Smart Bites Health & Wellness February 2017 Elementary School Lunch Menu

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

MON	TUE	WED	THU	FRI
<p>30 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 Wedges Grab N Go: Mixed Cheese Chef Salad V</p>	<p>31 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</p>	<p>Feb 1 Choice Of One Entrée: Hamburger Veggie Burger V Corn dog Choice of two-three sides: Coleslaw Deli Roaster Fruit Cocktail Fresh Tangerine Grab N Go: Mixed Cheese Chef Salad V</p>	<p>Feb 2 Choice Of One Entrée: Chicken Drumstick/Cornbread Meatloaf/Cornbread Choice of two-three sides: Black eyed Peas Collard Greens Mandarin Oranges Fresh Banana Grab N Go: Southwestern Wrap V</p> <div style="text-align: right;">  <p>GROUND HOG DAY</p> </div>	<p style="text-align: center;"><u>Falcons Friday</u> Feb 3 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 With: Falcon's Super Bowl Fruit Ice</p> <div style="text-align: right;">  <p style="color: red; font-weight: bold; transform: rotate(-45deg);">Go Falcons!</p> </div>
<p>6 Choice Of One Entrée: Beef Taco Grilled Cheese V Choice of two-three sides: Shredded Lettuce & Tomato Mexican Black Beans Chilled Peas Fresh Apple Wedges Grab N Go: Charbroiled Chicken Chef Salad</p>	<p>7 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</p>	<p>8 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 Apple N Go: Charbroiled Chicken Chef Salad</p> <div style="text-align: right;">  <p>Kite Flying Day</p> </div>	<p>9 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 Banana Grab N Go: Chicken Caesar Wrap</p>	<p>10 Choice Of One Entrée General Tso's Chicken/Rice Bean & Cheese Burrito V Choice of two-three sides: Garden Salad Low Sodium Seasoned Fries Applesauce Fresh Orange</p> <div style="text-align: right;">  <p>Umbrella Day</p> </div>
<p>13 Choice Of One Entrée: Asian Chicken Bites/Breadstick Cheese Pizza Cruncher V Choice of two-three sides: Mixed Green Salad Broccoli Chilled Pineapple Fresh Apple Wedges Grab N Go: Grilled Chicken Chef Salad V</p>	<p>14 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</p>	<p>15 Choice Of One Entrée: Chicken A la Orange/Rice Cheese Calzone/Italian Sauce V Choice of two-three sides: Steamed Carrots Whole Kernel Corn Fruit Cocktail Fresh Tangerine Grab N Go: Charbroiled Chicken Chef Salad</p>	<p>16 Choice Of One Entrée: Buffalo Chicken/Roll Honey BBQ Beef Rib Sandwich Choice of two-three sides: Fresh Steamed Cabbage Sweet Potatoes Mandarin Oranges Fresh Banana Grab N Go: Hummus Salad Plate V</p>	<p style="text-align: center;">School Closed</p> <div style="text-align: center;">  <p>Winter Break</p> </div>
<p style="text-align: center;">20 School Closed</p> <div style="text-align: center;">  <p>PRESIDENT'S DAY</p> <p>Washington's Birthday</p> </div>	<p>21 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</p>	<p>22 Choice Of One Entrée: Hamburger Veggie Burger V Corn dog Choice of two-three sides: Coleslaw Deli Roaster Fruit Cocktail Fresh Tangerine Grab N Go: Mixed Cheese Chef Salad V</p>	<p>23 Black History Month Celebration Choice Of One Entrée: Chicken Drumstick/Cornbread Meatloaf/Cornbread Choice of two-three sides: Black eyed Peas Collard Greens Mandarin Oranges Fresh Banana With: Peach Cobbler Grab N Go: Southwestern Wrap V</p>	<p>24 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</p>
<p>27 Choice Of One Entrée: Beef Taco Grilled Cheese V Choice of two-three sides: Shredded Lettuce & Tomato Mexican Black Beans Chilled Peas Fresh Apple Wedges Grab N Go: Charbroiled Chicken Chef Salad</p>	<p>28 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</p>	<p>March 1 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 Tangerine Grab N Go: Charbroiled Chicken Chef Salad</p>	<p>2 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 Banana Grab N Go: Chicken Caesar Wrap</p>	<p>3 Choice Of One Entrée General Tso's Chicken/Rice Bean & Cheese Burrito V Choice of two-three sides: Garden Salad Low Sodium Seasoned Fries Applesauce Fresh Orange</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 Cabbage

- Rich in phyto-nutrient anti-oxidants
- Excellent source of Vitamins C and K
- Contains adequate amount of minerals like calcium, potassium, magnesium, and iron
- Low in fat and calories

