





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

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

| MON | TUE | WED | THU | FRI |
|--|---|---|--|--|
| | | | | <div>1</div> <div>Your Way Friday Chicken A la Orange Or Teriyaki Chicken <i>Served over choice of :</i> <i>Asian Yakisoba Noodles or Brown Rice</i> Choice of one-four sides: Oriental Vegetable Blend Green Beans Mandarin Oranges Assorted Fresh Fruit Grab N Go: Mixed Cheese Chef Salad V</div> |
| <div>4</div> <div>Choice Of One Entrée: Breaded Chicken Sandwich Chicken Chili Crispito/Cheese Choice of one-four sides: Shredded Lettuce & Tomato Mexican Pinto Beans Chilled Peaches Fresh Apple Wedges Grab N Go: Mixed Cheese Chef Salad V</div> | <div>5</div> <div>Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V BBQ Rib Sandwich Choice of one-four sides: Mixed Green Salad Glazed Sweet Potatoes Applesauce Fresh Pears Grab N Go: Turkey Cheese Chicken Salad</div> | <div>6</div> <div>Choice Of One Entrée: Hamburger Veggie Burger V Hot Dog Choice of one-four sides: Curly Seasoned Fries Sliced Carrots Fruit Cocktail Fresh Bananas Grab N Go: Charbroiled Chicken Chef Salad</div> | <div>7</div> <div>Choice Of One Entrée BBQ Poultry Sandwich Cheese Dippers/Salsa V Choice of one-four sides: Broccoli Loaded Mashed Potatoes Chilled Pears Fresh Orange Wedges Grab N Go: Fajita Chicken Salad V</div> | <div>8</div> <div>Your Way Friday Italian Meat Sauce Or Alfredo Sauce V <i>Served over your choice of pasta</i> Choice of one-four sides: Mixed Green Salad Italian Blend Vegetables Mandarin Oranges Fresh Fruit Bowl <i>Served with Garlic Knot</i> Grab N Go: Charbroiled Chicken Chef Salad</div> |
| <div>11</div> <div>Choice Of One Entrée: Asian Chicken Bites/Breadstick Mini Cheese Calzone/Italian Sauce V Choice of one-four sides: Steamed Broccoli Mixed Green Salad Chilled Pineapple Fresh Apple Wedges Grab N Go: Asian Chicken Salad</div> | <div>12</div> <div>Choice Of One Entrée: Chicken Tenders/Breadstick French Bread Cheese Boat V Choice of one-four sides: Lemon Kissed Kale Garden Salad Mandarin Oranges Fresh Pears  o: Turkey Cheese Chef Salad</div> | <div>13</div> <div>Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Corn dog Choice of one-four sides: Steamed Carrots Whole Kernel Corn Fruit Cocktail Fresh Bananas Grab N Go: Charbroiled Chicken Salad</div> | <div>14</div> <div>Winter Holiday Meal Roasted Chicken or Holiday Ham Served with : Cornbread Dressing Glazed Sweet Potatoes Green Beans Fresh Fruit Bowl Mandarin Oranges Roll Grab-n-Go: Mixed Cheese Chef Salad</div> | <div>15</div> <div>You Way Friday—Tacos! Mexican Chicken Classic Mexican Beef <i>Served with choice of:</i> Crispy Taco Shell or Soft Tortilla Choice of one-four sides: Shredded Lettuce/Tomatoes Mexicali Corn Sliced Peaches Assorted Fresh Fruit <i>With: Mexican Rice</i> Grab N Go: Yogurt & Cheese Fruit Plate V</div> |
| <div>18</div> <div>Choice Of One Entrée: Galaxy Pepperoni Pizza Galaxy Cheese Pizza V Philly Steak Pinwheel Choice of two-three sides: Mixed Green Salad Whole Kernel Corn Chilled Peaches Fresh Apples Wedges Grab N Go: Charbroiled Chicken Salad</div> | <div>19</div> <div>Choice Of One Entrée: Mini Cheese Ravioli /Breadstick V BBQ Grilled Chicken Nuggets/Breadstick Choice of one-four sides: Tossed Salad Steamed Carrots Cinnamon Applesauce Fresh Pears Grab N Go: Turkey Cheese Chef Salad</div> | <div>20</div> <div>Choice Of One Entrée: Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich Choice of one-four sides: Shredded Lettuce & Tomato Broccoli Fruit Cocktail Fresh Banana Grab N Go: Charbroiled Chicken Salad</div> |  | |
| <div>Winter Break</div> <div>December 21—January 3</div> | | | | |

2017- 2018 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 - Kale

½ C = 20 Calories

Kale is naturally low in fat, free of cholesterol, and low in sodium. It is also an excellent source of vitamin A and vitamin C.

This institution is an equal opportunity provider

V = Vegetarian Item
WG = Whole Grain