



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

				1 Your Way Friday Chicken A la Orange Or Teriyaki Chicken Served over choice of: Asian Yakisoba Noodles or Brown Rice Choice of one-four sides: Oriental Vegetable Blend Green Beans Mandarin Oranges Assorted Fresh Fruit Grab N Go: Mixed Cheese Chef Salad V
4 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	5 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	6 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	7 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	8 Your Way Friday Italian Meat Sauce Or Alfredo Sauce V Served over your choice of pasta Choice of one-four sides: Mixed Green Salad Italian Blend Vegetables Mandarin Oranges Fresh Fruit Bowl Served with Garlic Knot Grab N Go: Charbroiled Chicken Chef Salad
11 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	12 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 Grab N Go: Turkey Cheese Chef Salad	13 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Corndog Choice of one-four sides: Steamed Carrots Whole Kernel Corn Fruit Cocktail Fresh Bananas Grab N Go: Charbroiled Chicken Salad	14 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	15 You Way Friday—Tacos! Mexican Chicken Classic Mexican Beef Served with choice of: Crispy Taco Shell or Soft Tortilla Choice of one-four sides: Shredded Lettuce/Tomatoes Mexicali Corn Sliced Peaches Assorted Fresh Fruit With: Mexican Rice Grab N Go: Yogurt & Cheese Fruit Plate V
18 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	19 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	20 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		
		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 - 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