



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

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

<p>28 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</p>	<p>29 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: Fajita Chicken Chef Salad</p>	<p>30 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</p>	<p>31 Choice Of One Entrée: Chicken Drumstick/Garlic Knot Mozzarella Sticks/ Italian Dipping Sauce v Choice of one-four sides: Lima Beans Collard Greens Chilled Pears Fresh Orange Wedges Grab N Go: Charbroiled Chicken Salad</p>	<p>1 Your Way Friday Chicken A la Orange Or Teriyaki Chicken <i>Served over choice of : 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</p>
<div style="text-align: center;"> HAPPY LABOR DAY </div>	<p>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 Chef Salad</p>	<p>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 v</p>	<p>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 Chef Salad</p>	<p>8 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</p>
<p>11 Choice Of One Entrée: Asian Chicken Bites/Breadstick Mini Cheese Calzone/Italian Sauce/ Breadstick V Choice of one-four sides: Steamed Broccoli Mixed Green Salad Chilled Pineapple Fresh Apple Wedges Grab N Go: Asian Chicken Salad</p>	<p>12 Choice Of One Entrée: Chicken Tenders/Breadstick French Bread Cheese Boat V Choice of one-four sides: Green Beans Garden Salad Mandarin Oranges Fresh Pears Grab N Go: Turkey Cheese Chef Salad</p>	<p>13 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</p>	<p>14 Choice Of One Entrée: Carrots & Celery Sticks with Ranch Dressing Fresh Sweet Potato Fruit Cocktail Fresh Pear Mixed Green Salad Grab N Go: Mixed Cheese Chef Salad</p>	<p>15 Your Way Friday—Tacos! Mexican Chicken Classic Mexican Beef <i>Served with choice of: Crispy Taco Shell or Soft Tortilla</i> 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</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>21 Choice Of One Entrée: Chicken Drumstick/Garlic Knot Mozzarella Sticks/ Italian Dipping Sauce v Choice of one-four sides: Lima Beans Collard Greens Chilled Pears Fresh Orange Wedges Grab N Go: Fajita Chicken Chef Salad</p>	<p>22 Your Way Friday Chicken A la Orange Or Teriyaki Chicken <i>Served over choice of : 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</p>
<p>25 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: Charbroiled Chicken Salad</p>	<p>26 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</p>	<p>27 Choice Of One Entrée: Hamburger Veggie Burger Hot Dog Choice of one-four sides: Curly Seasoned Fries Fresh Zucchini & Basil Fruit Cocktail Fresh Bananas Grab N Go: Mixed Cheese Chef Salad v</p>	<p>28 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</p>	<p>29 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</p>

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 : Zucchini

Did you know?

- One Zucchini is a “zucchini”
- The flower is edible and is considered a delicacy.
- Zucchini is a fruit and is the only one that starts with the letter Z
- Zucchini are a good source of vitamin C, fiber , folate and is 95% water