



DeKalb County School District Smart Bites Health & Wellness Elementary School Lunch Menu March 2018

MON	TUE	WED	THU	FRI
March				
<p>5 Choice Of One Entrée: Chicken Chunks/Roll Chicken Chili Crispito/Cheese Choice of two-three sides: Shredded Lettuce & Tomato Mexican Pinto Beans Chilled Peaches Fresh Apple Wedges Grab N Go: Mixed Cheese Chef Salad V</p>	<p>6 Choice Of One Entrée: Wild Mike's Turkey Pepperoni Pizza Wild Mike's Cheese Pizza V BBQ Rib Sandwich Choice of two-three sides: Mixed Green Salad Glazed Sweet Potatoes Applesauce Fresh Pears Grab N Go: Turkey Cheese Chicken Salad</p>	<p>7 Choice Of One Entrée: Hamburger Veggie Burger V Turkey Hot Dog Choice of two-three sides: Curly Seasoned Fries Sliced Carrots Fruit Cocktail Fresh Bananas Grab N Go: Charbroiled Chicken Chef Salad</p>	<p>1 Choice Of One Entrée: Chicken Drumstick/Garlic Knot Mozzarella Sticks/Italian Dipping Sauce V Choice of two-three sides: Lima Beans Collard Greens Chilled Pears Fresh Orange Wedges Grab N Go: Fajita Chicken Chef Salad</p>	<p>2 Your Way Friday General Tso's Chicken Or Chicken A la Orange <i>Served over choice of:</i> Asian Yakisoba Noodles or Brown Rice With: Breadstick Choice of two-three sides: Asian Vegetable Blend Green Beans Mandarin Oranges Assorted Fresh Fruit</p>
<p>12 Choice Of One Entrée: Asian Chicken Bites/Breadstick Mini Cheese Calzone/Italian Sauce/ Breadstick V Choice of two-three sides: Broccoli Mixed Green Salad Chilled Pineapple Fresh Apple Wedges Grab N Go: Asian Chicken Salad</p>	<p>13 Choice Of One Entrée: Chicken Tenders/Breadstick French Bread Cheese Boat V Choice of two-three sides: Sweet Potato Fries Garden Salad Mandarin Oranges Fresh Pears Grab N Go: Turkey Cheese Chef Salad</p>	<p>14 Choice Of One Entrée: Wild Mike's Turkey Pepperoni Pizza Wild Mike's Cheese Pizza V Corn dog Choice of two-three sides: Mixed Green Salad Whole Kernel Corn Fruit Cocktail Fresh Bananas Grab N Go: Charbroiled Chicken Salad</p>	<p>15 Choice Of One Entrée: Buffalo Chicken /Roll Fish Sandwich Choice of two-three sides: Carrots & Celery Sticks with Ranch Dressing Baked Sweet Potato Chilled Applesauce Fresh Pear Grab N Go: Mixed Cheese Chef Salad V</p>	<p>16 Your Way Friday—Tacos! Mexican Chicken Classic Mexican Beef <i>Served with choice of:</i> Crispy Taco Shell or Soft Tortilla Choice of two-three sides: Shredded Lettuce/Tomatoes Mexicali Corn Sliced Peaches Assorted Fresh Fruit With: Mexican Rice Grab N Go: Yogurt & Cheese Fruit Plate V</p>
<p>19 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>20 Choice Of One Entrée: Chili Con Carne /Roll BBQ Grilled Chicken Nuggets/Breadstick Choice of two-three sides: Tossed Salad Steamed Carrots Cinnamon Applesauce Fresh Pears Grab N Go: Turkey Cheese Chef Salad</p>	<p>21 Choice Of One Entrée: Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich Choice of two-three sides: Shredded Lettuce & Tomato Broccoli Fruit Cocktail Fresh Banana Grab N Go: Charbroiled Chicken Salad</p>	<p>22 Choice Of One Entrée: Chicken Drumstick/Garlic Knot Mozzarella Sticks/Italian Dipping Sauce V Choice of two-three sides: Lima Beans Collard Greens Chilled Pears Fresh Orange Wedges Grab N Go: Fajita Chicken Chef Salad</p>	<p>23 Your Way Friday General Tso's Chicken Or Chicken A la Orange <i>Served over choice of:</i> Asian Yakisoba Noodles or Brown Rice With: Breadstick Choice of two-three sides: Asian Vegetable Blend Green Beans Mandarin Oranges Assorted Fresh Fruit Grab N Go: Mixed Cheese Chef Salad V</p>
<p>26 Choice Of One Entrée: Chicken Chunks/Roll Chicken Chili Crispito/Cheese Choice of two-three sides: Shredded Lettuce & Tomato Mexican Pinto Beans Chilled Peaches Fresh Apple Wedges Grab N Go: Mixed Cheese Chef Salad V</p>	<p>27 Choice Of One Entrée: Wild Mike's Turkey Pepperoni Pizza Wild Mike's Cheese Pizza V BBQ Rib Sandwich Choice of two-three sides: Mixed Green Salad Glazed Sweet Potatoes Applesauce Fresh Pears Grab N Go: Turkey Cheese Chicken Salad</p>	<p>28 Choice Of One Entrée: Hamburger Veggie Burger V Turkey Hot Dog Choice of two-three sides: Curly Seasoned Fries Roasted Cauliflower Fruit Cocktail Fresh Bananas Grab N Go: Charbroiled Chicken Chef Salad</p>	<p>29 Choice Of One Entrée: Breaded Beef Steak/Gravy/Breadstick Cheese Dippers/Salsa V Choice of two-three sides: Fresh Steamed Broccoli Loaded Mashed Potatoes Chilled Pears Fresh Orange Wedges Grab N Go: Fajita Chicken Salad V</p>	<p>30 Your Way Friday Italian Meat Sauce Or Alfredo Sauce V <i>Served over your choice of pasta</i> Choice of two-three 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



Farm to School

Cauliflower is very low in calories. It comprises of several health-benefiting antioxidants and vitamins, also, to be low in fat and cholesterol.
1/2 c = 17 Calories

Choice of Milk is available with every meal