



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

				<p>1 Choice Of One Entrée: Chicken Drumstick/Garlic Knot Mozzarella Sticks/ Italian Dipping Sauce V Beef & Cheese Enchilada</p> <p>Choice of one-four sides: Lima Beans Collard Greens Chilled Pears Fresh Fruit Bowl Garden Salad</p> <p>Grab N Go: Fajita Chicken Salad Fresh Turkey Sub</p>
<p>5 Choice Of One Entrée: Chicken Chunks/Roll Chicken Chili Crispito/Cheese with Brown Rice</p> <p>Choice of one-four sides: Black Bean Empanada V Shredded Lettuce & Tomato Mexican Pinto Beans Chilled Pears Fresh Fruit Bowl California Blend</p> <p>Grab N Go: Mixed Cheese Chef Salad V</p>	<p>6 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Smokey Rib Sandwich BBQ Chicken Nuggets/Roll</p> <p>Choice of one-four sides: Garden Salad Glazed Sweet Potatoes Applesauce Fresh Fruit Bowl Mixed Vegetables</p> <p>Grab N Go: Turkey Cheese Salad Fresh Club Sub</p>	<p>7 Choice Of One Entrée: Cheeseburger Veggie Burger V Hot Dog</p> <p>Zesty Cheese & Bean Burrito V</p> <p>Choice of one-four sides: Curly Seasoned Fries Steamed Carrots Fruit Cocktail Fresh Fruit Bowl Sliced Tomatoes/Lettuce</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>8 Choice Of One Entrée Breaded Beef Sandwich Cheese Dippers/Salsa V Spicy Popcorn Chicken /Roll</p> <p>Choice of one-four sides: Steamed Broccoli Loaded Mashed Potatoes Mandarin Oranges Fresh Fruit Bowl Mixed Green Salad</p> <p>Grab N Go: Fajita Chicken Salad Chicken Caesar Wrap V</p>	<p>2 Your Way Friday—Asian! General Tso's Chicken Or Chicken A la Orange <i>Served over choice of Asian Yakisoba Noodles or Brown Rice</i></p> <p>Choice of one-four sides: Oriental Vegetable Blend Green Beans Mandarin Oranges Fresh Fruit Bowl Mixed Green Salad</p> <p>With: Chocolate Chip Cookie Grab N Go: Mixed Cheese Chef Salad V Fresh Turkey Sub</p>
<p>12 Choice Of One Entrée: Asian Chicken Bites/WG Roll Mini Cheese Calzone/Twisted Breadstick V Philly Steak Sub</p> <p>Choice of one-four sides: Steamed Broccoli Mixed Green Salad Chilled Pineapple Fresh Fruit Bowl Peas & Carrots</p> <p>Grab N Go: Asian Chicken Chef Salad Fresh Turkey Sub</p>	<p>13 Choice Of One Entrée: Chicken Tenders/Roll French Bread Cheese Boat V Spicy Chicken Sandwich</p> <p>Choice of one-four sides: Green Beans Garden Salad Chilled Peaches Fresh Fruit Bowl Steamed Spinach</p> <p>Grab N Go: Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>14 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Corn dog</p> <p>Meatball Sub</p> <p>Choice of one-four sides: Sliced Carrots Lima Beans Fruit Cocktail Fresh Fruit Bowl Garden Salad</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>15 Choice Of One Entrée: Buffalo Chicken/Roll Fish Sandwich Poblano Pepper Cheese Wrap V</p> <p>Choice of one-four sides: Carrots & Celery Sticks/Ranch Dressing Baked Sweet Potato Mandarin Oranges Fresh Fruit Bowl Mixed Green Salad</p> <p>Grab N Go: Fajita Chicken Chef Salad Fresh Turkey Sub</p>	<p>16 Your Way Friday—Tacos! Mexican Chicken Classic Mexican Beef Served with choice of : Traditional Crispy Shell or Soft Tortilla</p> <p>Choice of one-four sides: Shredded Lettuce/Tomatoes Mexicali Corn Fresh Fruit Bowl Sliced Peaches California Blend</p> <p>With: Mexican rice Grab N Go: Yogurt & Cheese Fruit Plate V Fresh Turkey Sub</p>
<p>19 Choice Of One Entrée: Galaxy Pepperoni Pizza Galaxy Cheese Pizza V Philly Steak Pinwheel Fish Sandwich</p> <p>Choice of two-three sides: Tossed Salad WK Corn Chilled Peaches Fresh Fruit Bowl Mixed Vegetables</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>20 Choice Of One Entrée: Chili Con Carne/Roll BBQ Grilled Chicken Nuggets/ Roll Chicken Fajita</p> <p>Choice of one-four sides: Mixed Green Salad Steamed Carrots Cinnamon Applesauce Fresh Fruit Bowl Black-eyed Peas</p> <p>Grab N Go: Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>21 Choice Of One Entrée: Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich Mexican Stuffed Baked Potato with Roll</p> <p>Choice of one-four sides: Shredded Lettuce & Tomato Fresh Steamed Broccoli Fruit Cocktail Fresh Fruit Bowl Peas & Carrot</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>22 Choice Of One Entrée: Chicken Drumstick/Garlic Knot Mozzarella Sticks/ Italian Dipping Sauce V Beef & Cheese Enchilada</p> <p>Choice of one-four sides: Lima Beans Collard Greens Chilled Pears Fresh Fruit Bowl Garden Salad</p> <p>Grab N Go: Fajita Chicken Salad Fresh Turkey Sub</p>	<p>23 Your Way Friday—Asian! General Tso's Chicken Or Chicken A la Orange <i>Served over Choice of Asian Yakisoba Noodles or Brown Rice</i></p> <p>Choice of one-four sides: Oriental Vegetable Blend Green Beans Mandarin Oranges Fresh Fruit Bowl Mixed Green Salad</p> <p>With: Chocolate Chip Cookie Grab N Go: Mixed Cheese Chef Salad V Fresh Turkey Sub</p>
<p>26 Choice Of One Entrée: Chicken Chunks/Roll Chicken Chili Crispito/ Cheese with Brown Rice Black Bean Empanada V</p> <p>Choice of one-four sides: Shredded Lettuce & Tomato Mexican Pinto Beans Chilled Pears Fresh Fruit Bowl California Blend</p> <p>Grab N Go: Mixed Cheese Chef Salad V Fresh Turkey Sub</p>	<p>27 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Smokey Rib Sandwich BBQ Chicken Nuggets/Roll</p> <p>Choice of one-four sides: Garden Salad Glazed Sweet Potatoes Applesauce Fresh Fruit Bowl Mixed Vegetables</p> <p>Grab N Go: Turkey Cheese Salad Fresh Club Sub</p>	<p>28 Choice Of One Entrée: Cheeseburger Veggie Burger V Hot Dog</p> <p>Zesty Cheese & Bean Burrito V</p> <p>Choice of one-four sides: Curly Seasoned Fries Roasted Cauliflower Fruit Cocktail Fresh Fruit Bowl Sliced Tomatoes/Lettuce</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>29 Choice Of One Entrée Breaded Beef Sandwich Cheese Dippers/Salsa V Spicy Popcorn Chicken /Roll</p> <p>Choice of one-four sides: Steamed Broccoli Loaded Mashed Potatoes Mandarin Oranges Fresh Fruit Bowl Mixed Green Salad</p> <p>Grab N Go: Fajita Chicken Salad Chicken Caesar Wrap V</p>	<p>30 Your Way Friday—Pasta! Italian Meat Sauce Or Alfredo Sauce V <i>Served over Choice of Pasta</i></p> <p>With: Garlic Knot</p> <p>Choice of one-four sides: Mixed Green Salad Italian Blend Vegetables Chilled Peaches Fresh Fruit Bowl Green Beans</p> <p>Grab N Go: Charbroiled Chicken Chef Salad Fresh Turkey Sub</p>

2017- 2018 High Meal Prices

Full Paid Breakfast	\$1.50
Reduced Breakfast	\$0.30
Full Paid Lunch	\$2.75
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

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

This institution is an equal opportunity provider

V = Vegetarian Item
WG = Whole Grain