



DeKalb County School District Smart Bites Health & Wellness Middle School Lunch Menu April 2018

MON	TUE	WED	THU	FRI
** Spring Break April 2-6, 2018 **				
<p>9 Choice Of One Entrée: Asian Chicken Bites/Breadstick Bean & Cheese BurritoV 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 Salad Fresh Turkey Sub</p>	<p>10 Choice Of One Entrée: Chicken Tenders/ Twisted Breadstick French Bread Cheese Boat V Spicy Chicken Sandwich</p> <p>Choice of one-four sides: Green Beans Garden Salad Fresh Apple Wedges Fresh Fruit Bowl Steamed Spinach</p> <p>Grab N Go: Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>11 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Corndog Meatball Sub</p> <p>Choice of one-four sides: Sliced Carrots Lima Beans Fresh Strawberries Fresh Fruit Bowl Garden Salad</p> <p>Grab N Go: Chargrilled Chicken Chef Salad Fresh Turkey Sub</p>	<p>12 Choice Of One Entrée: Buffalo Chicken/Twisted Breadstick Fish Sandwich Poblano Pepper Cheese Wrap V</p> <p>Choice of one-four sides: Broccoli Florets/Ranch Dressing Baked Sweet Potato Fresh Mandarin Oranges Fresh Pear Mixed Green Salad</p> <p>Grab N Go: Fajita Chicken Chef Salad Fresh Turkey Sub</p>	<p>13 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 Applesauce California Blend</p> <p>With: Mexican rice With: Welch's Grape Slushie</p> <p>Grab N Go: Yogurt & Cheese Fruit Plate V Fresh Turkey Sub</p>

Make Lunch Count Day Friday, April 13th!

<p>16 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 Pineapple Fresh Mandarin Oranges Mixed Vegetables</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>17 Choice Of One Entrée: Chili Con Carne /Roll BBO Grilled Chicken Nuggets/ Twisted Breadstick Chicken Fajita</p> <p>Choice of one-four sides: Mixed Green Salad Steamed Carrots Fresh Apple Wedges Fresh Fruit Bowl Black-eyed Peas</p> <p>Grab N Go: Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>18 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 Fresh Strawberries Fresh Fruit Bowl Peas & Carrot</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>19 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 Pink Lady Apples Garden Salad</p> <p>Grab N Go: Fajita Chicken Chef Salad Fresh Turkey Sub</p>	<p>20 Your Way Friday—Asian ! General Tso's Chicken Or Chicken A la Orange Served over choice of Asian Yakisoba Noodles or Brown Rice</p> <p>Choice of one-four sides: Asian Vegetable Blend Green Beans Applesauce Fresh Fruit Bowl Mixed Green Salad</p> <p>With: Chocolate Chip Cookie Grab N Go: Mixed Cheese Chef Salad V</p>
<p>23 Choice Of One Entrée: Chicken Nuggets/Roll Chicken Chili Crispito/Cheese with Brown Rice</p> <p>Grilled Cheese V</p> <p>Choice of one-four sides: Shredded Lettuce & Tomato Mexican Pinto Beans Chilled Pineapple Fresh Mandarin Oranges California Blend</p> <p>Grab N Go: Chicken Chef Salad V Fresh Turkey Sub</p>	<p>24 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V BBO Chicken Nuggets/Roll BBO Rib Sandwich</p> <p>Choice of one-four sides: Garden Salad Glazed Sweet Potatoes Fresh Apple Wedges Fresh Fruit Bowl Italian Blend Vegetables</p> <p>Grab N Go: Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>25 Choice Of One Entrée: Cheeseburger Veggie Burger V Hot Dog Buffalo Cheese Cruncher V</p> <p>Choice of one-four sides: Curly Seasoned Fries Sliced Tomatoes/Lettuce Fresh Strawberries Fresh Fruit Bowl Baby Carrots/Ranch Dressing</p> <p>Grab N Go: Chargrilled Chicken Chef Salad Fresh Turkey Sub</p>	<p>26 Choice Of One Entrée Breaded Beef Steak/Gravy/Roll Cheese Dippers/Salsa V Spicy Popcorn Chicken /Roll</p> <p>Choice of one-four sides: Steamed Broccoli Baked Potato Fresh Pink Lady Apple Chilled Pears Mixed Green Salad</p> <p>Grab N Go: Fajita Chicken Chef Salad Chicken Caesar Wrap V</p>	<p>27 Your Way Friday—Pasta! Italian Meat Sauce Or Alfredo Sauce V Served over choice of pasta</p> <p>With: Garlic Knot Choice of one-four sides: Mixed Green Salad Mixed Vegetables Applesauce Fresh Fruit Bowl Green Beans</p> <p>Grab N Go: Fresh Turkey Sub</p>

<p>30 Choice Of One Entrée: Asian Chicken Bites/Breadstick Mini Cheese Calzone V Philly Steak Sub</p> <p>Choice of one-four sides: Steamed Broccoli Mixed Green Salad Chilled Pineapple Fresh Mandarin Oranges Peas & Carrots</p> <p>Grab N Go: Asian Chicken Salad Fresh Turkey Sub</p>	<p>1 Choice Of One Entrée: Chicken Tenders/ Twisted Breadstick French Bread Cheese Boat V Spicy Chicken Sandwich</p> <p>Choice of one-four sides: Green Beans Garden Salad Fresh Apple Wedges Fresh Fruit Bowl Steamed Spinach</p> <p>Grab N Go: Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>2 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Corndog Meatball Sub</p> <p>Choice of one-four sides: Baby Carrots/Ranch Dressing Lima Beans Fresh Strawberries Fresh Fruit Bowl Garden Salad</p> <p>Grab N Go: Chargrilled Chicken Chef Salad Fresh Turkey Sub</p>	<p>3 Choice Of One Entrée: Buffalo Chicken/Twisted Breadstick Fish Sandwich Poblano Pepper Cheese Wrap V</p> <p>Choice of one-four sides: Squash Casserole Baked Sweet Potato Fresh Pink Lady Apple Chilled Pears Mixed Green Salad</p> <p>Grab N Go: Fajita Chicken Chef Salad Fresh Turkey Sub</p>	<p>4 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 Applesauce California Blend</p> <p>With: Mexican rice Grab N Go: Yogurt & Cheese Fruit Plate V</p>
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2017- 2018 Middle Meal Prices

Full Paid Breakfast	\$1.50
Reduced Breakfast	\$0.30
Full Paid Lunch	\$2.65
Reduced Lunch	\$0.40
Adult Breakfast	\$1.90
Adult Lunch	\$3.50
Milk	\$0.80



Choice of Milk is available with every meal

This institution is an equal opportunity provider

Farm to School



Squash is rich in minerals, such as potassium, manganese, magnesium, and calcium, which can help with the strength and durability of bones.