



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


MON	TUE	WED	THU	FRI
<p><b>9 Choice of Entrée:</b> Chicken Biscuit  Breakfast Pizza  1/3 Less Sugar Fruit Loops with Toast V  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail</p>	<p><b>10 Choice of Entrée:</b> Spicy Chicken Biscuit  Cheese Omelet/Biscuit  Cinnamon Chex/Toast  <b>With: Southern Grits</b> <b>Fruit Selections:</b> Strawberry Kiwi Juice Fresh Orange Wedges</p>	<p><b>11 Choice of Entrée</b> Turkey Sausage Biscuit  Peach Stuffed Biscuit  Grilled Cheese  <b>Fruit Selections:</b> White Grape Juice Fresh Strawberries</p>	<p><b>12 Choice of Entrée:</b> Breaded Beef Biscuit  Cherry Frudel  Frosted Mini Wheat Cereal/Toast  <b>Fruit Selections:</b> Orange Tangerine Juice Fresh Apple Wedges</p>	<p><b>13 Choice of Entrée:</b> Chicken Biscuit  Raspberry Yogurt with Granola &amp; Cheese Cubes  1/3 Less Sugar Frosted Flakes with Toast V  <b>with Southern Grits</b>  <b>Fruit Selections:</b></p>
<p><b>16 Choice of Entrée:</b> Chicken Biscuit  Mini Cinni  1/3 Less Sugar Fruit Loops with Toast V  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail</p>	<p><b>17 Choice of Entrée:</b> Spicy Chicken Biscuit  Go Big Strawberry Yogurt with Cinnamon Toast Crunch Cereal Pouch  WG Waffles  <b>Fruit Selections:</b> Strawberry Kiwi Juice Fresh Orange Wedges</p>	<p><b>18 Choice of Entrée:</b> Turkey Sausage Biscuit  Pancake n Link  Frosted Mini Wheat /Toast V  <b>With: Southern Grits</b> <b>Fruit Selections:</b> White Grape Juice Fresh Strawberries</p>	<p><b>19 Choice of Entrée:</b> Breaded Beef Biscuit  Banana Bread  Apple Cinnamon Cheerios/Toast V  <b>Fruit Selections:</b> Orange Tangerine Juice Fresh Apple Wedges</p>	<p><b>20 Choice of Entrée:</b> Chicken Biscuit  WG Breakfast Bagel  1/3 Less Sugar Frosted Flakes/Toast <b>With: WG Oatmeal</b> <b>Fruit Selections:</b> Assorted Juice Assorted Fresh Fruit</p>
<p><b>23 Choice of Entrée:</b> Chicken Biscuit  French Toast Sticks/Syrup V  Raspberry Yogurt with Granola &amp; Cheese Cubes  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail</p>	<p><b>24 Choice of Entrée:</b> Spicy Chicken Biscuit  Cheese Toast  1/3 Less Sugar Fruit Loops with Toast V  <b>with Southern Grits</b> <b>Fruit Selections:</b> Fruit Punch Juice Fresh Orange Wedges</p>	<p><b>25 Choice of Entrée:</b> Sausage Biscuit  Sausage Waffle Sandwich  Frosted Mini Wheat/ToastV  <b>Fruit Selections:</b> White Grape Juice Fresh Strawberries</p>	<p><b>26 Choice of Entrée:</b> Breaded Beef Biscuit  Apple Frudel  Apple Cinnamon Cheerios with Toast V  <b>Fruit Selections:</b> Orange Tangerine Juice <b>Fresh Blueberries</b></p> 	<p><b>27 Choice of Entrée:</b> Chicken Biscuit  Cheese Omelet /Toast  1/3 Less Sugar Frosted Flakes with Toast V  <b>with Southern Grits</b>  <b>Fruit Selections:</b> Assorted Juice Assorted Fresh Fruit</p>
<p><b>30 Choice of Entrée:</b> Chicken Biscuit  Breakfast Pizza  1/3 Less Sugar Fruit Loops with Toast V  <b>Fruit Selections:</b> Apple Juice Fruit Cocktail</p>	<p><b>24 Choice of Entrée:</b> Spicy Chicken Biscuit  Cheese Omelet/Biscuit  Cinnamon Chex/Toast  <b>With: Southern Grits</b> <b>Fruit Selections:</b> Strawberry Kiwi Juice Fresh Orange Wedges</p>	<p><b>25 Choice of Entrée</b> Turkey Sausage Biscuit  Peach Stuffed Biscuit  Grilled Cheese  <b>Fruit Selections:</b> White Grape Juice Fresh Strawberries</p>	<p><b>26 Choice of Entrée:</b> Breaded Beef Biscuit  Cherry Frudel  Frosted Mini Wheat Cereal/Toast  <b>Fruit Selections:</b> Orange Tangerine Juice Fresh Apple Wedges</p>	<p><b>27 Choice of Entrée:</b> Chicken Biscuit  Raspberry Yogurt with Granola &amp; Cheese Cubes  1/3 Less Sugar Frosted Flakes with Toast V  <b>with Southern Grits</b>  <b>Fruit Selections:</b> Assorted Juice Assorted Fresh Fruit</p>

**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

## Farm to School



**Blueberries** are loaded with fiber, potassium, folate, and vitamin c which help prevent heart disease, improve brain health and help moderate blood sugar levels.

This institution is an equal opportunity provider.

V = Vegetarian Item  
WG = Whole Grain