




## DeKalb County School District Smart Bites Health & Wellness Middle Express Breakfast April 2018

MON	TUE	WED	THU	FRI
9 Spicy Chicken Biscuit Apple Juice Fruit Cocktail  Milk	10 Cinnamon Chex Mini Bagel with Cream Cheese  Strawberry Kiwi Juice Fresh Orange Wedges  Milk	11 Peach Stuffed Biscuit  White Grape Juice Fresh Strawberries  Milk	12 Turkey Sausage on Country Biscuit Orange Tangerine Juice Fresh Apple Wedges  Milk	13 Frosted Mini Wheat Raspberry Yogurt Granola Cheese Stick  Assorted Juice Assorted Fresh Fruit Milk
16 Turkey Sausage Biscuit  Apple Juice Fruit Cocktail Milk	17 Cherry Frudel Apple Cinnamon Cheerios  Strawberry Kiwi Juice Fresh Orange Wedges  Milk	18 Pancake and links/ syrup  White Grape Juice Fresh Strawberries  Milk	19 Spicy Chicken on Country Biscuit  Orange Tangerine Juice Fresh Apple Wedges  Milk	20 Mini Bagels with strawberry Cream Cheese Cheddar Cheese Stick Assorted Juice Assorted Fresh Fruit  Milk
23 Sausage & Waffle Sandwich  Apple Juice Fruit Cocktail Milk	24 Country Chicken Biscuit  Strawberry Kiwi Juice Fresh Orange Wedges  Milk	25 French Toast Bar Cheddar Cheese Stick  White Grape Juice Fresh Strawberries  Milk	26 Go Big Strawberry Yogurt Blueberry Muffin  Fruit Punch Juice <b>Fresh Blueberries</b> Milk	27 Turkey Sausage on Country Biscuit  Assorted Juice Assorted Fresh Fruit  Milk
30 Spicy Chicken Biscuit Apple Juice Fruit Cocktail  Milk	1 Cinnamon Chex Mini Bagel with Cream Cheese  Strawberry Kiwi Juice Fresh Orange Wedges Milk	2 Peach Stuffed Biscuit  White Grape Juice Fresh Strawberries  Milk	3 Turkey Sausage on Country Biscuit Orange Tangerine Juice Fresh Apple Wedges  Milk	4 Frosted Mini Wheat Raspberry Yogurt Granola Cheese Stick  Assorted Juice Assorted Fresh Fruit Milk

<u>2017-2018 Middle Meal Prices</u>	
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