



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

MON	TUE	WED	THU	FRI
<p>5 Choice Of One Entrée: Chicken Nuggets/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: Chicken Chef Salad V Fresh Turkey Sub</p>	<p>6 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V BBO Chicken Nuggets/Roll BBQ Rib Sandwich</p> <p>Choice of one-four sides: Garden Salad Glazed Sweet Potatoes Applesauce Fresh Fruit Bowl Mixed Vegetables Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>7 Choice Of One Entrée: Cheeseburger Veggie Burger V Hot Dog</p> <p>Buffalo Cheese Cruncher V Choice of one-four sides: Curly Seasoned Fries Sliced Carrots Fruit Cocktail Fresh Fruit Bowl Sliced Tomatoes/Lettuce</p> <p>Grab N Go: Chargrilled Chicken Chef Salad Fresh Turkey Sub</p>	<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 Chef Salad Fresh Turkey Sub</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: Asian Vegetable Blend Green Beans Mandarin Oranges Fresh Fruit Bowl Mixed Green Salad With: Roll</p> <p>Grab N Go: Mixed Cheese Chef Salad V</p>
<p>12 Choice Of One Entrée: Asian Chicken Bites/Breadstick Mini Cheese Calzone V Philly Steak Sub</p> <p>Choice of one-four sides: <i>Fresh Steamed Broccoli</i> Mixed Green Salad Chilled Pineapple Fresh Fruit Bowl Peas & Carrots</p> <p>Grab N Go: Asian Chicken Salad Fresh Turkey Sub</p>	<p>13 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 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 Meatball Sub</p> <p>Choice of one-four sides: Mixed Green Salad Lima Beans Fruit Cocktail Fresh Fruit Bowl Garden Salad</p> <p>Grab N Go: Chargrilled Chicken Chef Salad Fresh Turkey Sub</p>	<p>15 Choice Of One Entrée: Buffalo Chicken/Twisted Breadstick Fish Sandwich Poblano Pepper Cheese Wrap V</p> <p>Choice of one-four sides: Carrots & Celery Sticks/Ranch Dressing Baked Sweet Potatoes 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</p>
<p>19 Choice Of One Entrée: Galaxy Pepperoni Pizza Galaxy Cheese Pizza V Philly Steak Pinwheel Fish Sandwich</p> <p>Choice of one-four 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/ Twisted Breadstick 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 Steamed Broccoli Fruit Cocktail Fresh Fruit Bowl Peas & Carrots</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 Chef 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: Asian Vegetable Blend Green Beans Mandarin Oranges Fresh Fruit Bowl Mixed Green Salad With: Roll</p> <p>Grab N Go: Mixed Cheese Chef Salad V</p>
<p>26 Choice Of One Entrée: Chicken Nuggets/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: Chicken Chef Salad V Fresh Turkey Sub</p>	<p>27 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V BBO Chicken Nuggets/Roll BBQ Rib Sandwich</p> <p>Choice of one-four sides: Garden Salad Glazed Sweet Potatoes Applesauce Fresh Fruit Bowl Mixed Vegetables Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>28 Choice Of One Entrée: Cheeseburger Veggie Burger V Hot Dog</p> <p>Buffalo Cheese Cruncher V Choice of one-four sides: Curly Seasoned Fries Roasted Cauliflower Fruit Cocktail Fresh Fruit Bowl Sliced Tomatoes/Lettuce</p> <p>Grab N Go: Chargrilled Chicken Chef Salad Fresh Turkey Sub</p>	<p>29 Choice Of One Entrée Breaded Beef Steak/Gravy/Roll Cheese Dippers/Salsa V Spicy Popcorn Chicken /Roll</p> <p>Choice of one-four sides: Fresh Steamed Broccoli Loaded Mashed Potatoes Mandarin Oranges Fresh Fruit Bowl Mixed Green Salad</p> <p>Grab N Go: Fajita Chicken Chef Salad Chicken Caesar Wrap V</p>	<p>30 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 Italian Blend Vegetables Chilled Peaches Fresh Fruit Bowl Green Beans</p> <p>Grab N Go: Fresh Turkey Sub</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

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