



**DeKalb County School District
Smart Bites Health & Wellness
Pre-K School Lunch Menu
March 2018**



MON	TUE	WED	THU	FRI
			1 Chicken Drumstick/Garlic Knot Collard Greens Fresh Orange Wedges Choice of Non-Flavored Milk	2 General Tso's Chicken /Brown Rice Oriental Vegetable Blend Mandarin Oranges Choice of Non-Flavored Milk
5 Chicken Nuggets/Roll Mexican Pinto Beans Chilled Peaches Choice of Non-Flavored Milk	6 Wild Mike's Cheese Pizza Mixed Green Salad Applesauce Choice of Non-Flavored Milk	7 Hot Dog Curly Fries Fruit Cocktail Choice of Non-Flavored Milk	8 BBQ Poultry Sandwich Loaded Mashed Potatoes Chilled Pears Choice of Non-Flavored Milk	9 Italian Meat Sauce/Pasta Italian Blend Vegetables Mandarin Oranges Served with Garlic Knot Choice of Non-Flavored Milk
12 : Asian Chicken Bites/Breadstick Steamed Broccoli Chilled Pineapple Choice of Non-Flavored Milk	13 : Chicken Tenders/Breadstick Green Beans Fresh Pears Choice of Non-Flavored Milk	14 Wild Mike's Cheese Pizza V Mixed Green Salad Fresh Bananas Choice of Non-Flavored Milk	15 Buffalo Chicken/Roll Baked Beans Chilled Pears Choice of Non-Flavored Milk	16 Beef Taco Mexicali Corn Sliced Peaches With: Mexican Rice Choice of Non-Flavored Milk
19 Galaxy Cheese Pizza Mixed Green Salad Chilled Peaches Choice of Non-Flavored	20 Beef Nachos Steamed Carrots Cinnamon Applesauce Choice of Non-Flavored Milk	21 Grilled Chicken Sandwich Broccoli Fresh Banana Choice of Non-Flavored Milk	22 Chicken Drumstick/Garlic Knot Collard Greens Fresh Orange Wedges Choice of Non-Flavored Milk	23 General Tso's Chicken /Brown Rice Oriental Vegetable Blend Mandarin Oranges Choice of Non-Flavored Milk
26 Chicken Nuggets/Roll Mexican Pinto Beans Chilled Peaches Choice of Non-Flavored Milk	27 Wild Mike's Cheese Pizza Mixed Green Salad Applesauce Choice of Non-Flavored Milk	28 Hot Dog Roasted Cauliflower Fruit Cocktail Choice of Non-Flavored Milk 	29 BBQ Poultry Sandwich Loaded Mashed Potatoes Chilled Pears Choice of Non-Flavored Milk	30 Italian Meat Sauce/Pasta Italian Blend Vegetables Mandarin Oranges Served with Garlic Knot Choice of Non-Flavored Milk

2017- 2018 Elementary Meal Prices

Full Paid Breakfast	\$1.40
Reduced Breakfast	\$0.30
Full Paid Lunch	\$2.50
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