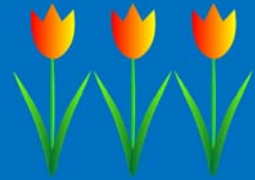






# DeKalb County School District Smart Health & Wellness Elementary Express Breakfast May 2018



| MON  | TUE   | WED   | THU  | FRI   |
|--|---|---|--|---|
|  | 1<br>Mini Bagel with Cream Cheese V<br><br>Strawberry Kiwi Juice<br>Fresh Orange Wedges<br><br>Choice of Milk | 2<br>Peach Stuffed Biscuit V<br><br>White Grape Juice<br>Fresh Strawberries<br><br>Choice of Milk   | 3<br>Sausage/English Muffin<br><br>Orange Tangerine Juice<br>Fresh Apple Wedges<br><br>Choice of Milk                              | 4<br>Raspberry Rainbow Yogurt with Granola V<br><br>Assorted Juice<br>Chilled Peaches<br><br>Choice of Milk     |
| 7<br>Turkey Sausage/English Muffin<br><br>Apple Juice<br>Fruit Cocktail<br><br>Choice of Milk                        | 8<br>Cherry Frudel V<br><br>Strawberry Kiwi Juice<br>Applesauce<br><br>Choice of Milk                         | 9<br>Pancake n Link/ Syrup<br><br>White Grape Juice<br>Fresh Bananas<br><br>Choice of Milk  | 10<br>Go Big Yogurt with Cinnamon Toast Crunch Cereal Pouch V<br><br>Orange Tangerine Juice<br>Chilled Pears<br><br>Choice of Milk | 11<br>Bagels with Strawberry Cream Cheese V<br><br>Assorted Juice<br>Assorted Fresh Fruit<br><br>Choice of Milk |
| 14<br>Sausage & Waffle Sandwich<br><br>Apple Juice<br>Fruit Cocktail<br><br>Choice of Milk                           | 15<br>Chicken/English Muffin<br><br>Strawberry Kiwi Juice<br>Applesauce<br><br>Choice of Milk                 | 16<br>French Toast Bar V<br><br>White Grape Juice<br><b>Fresh Strawberries</b><br><br>Choice of Milk<br><br> | 17<br>Cinnamon Chex with Banana Muffin Top V<br><br>Orange Tangerine Juice<br>Chilled Pears<br><br>Choice of Milk                  | 18<br>Go Big Yogurt Blueberry Muffin Top V<br><br>Assorted Juice<br>Assorted Fresh Fruit<br>Choice of Milk      |
| 21<br>Reduced Sugar Frosted Flakes with Country Biscuit V<br><br>Apple Juice<br>Fruit Cocktail<br><br>Choice of Milk | 22<br>Mini Bagel with Cream Cheese V<br><br>Strawberry Kiwi Juice<br>Applesauce<br><br>Choice of Milk         | 23<br>Peach Stuffed Biscuit V<br><br>White Grape Juice<br>Fresh Bananas<br><br>Choice of Milk   | 24<br>Sausage/English Muffin V<br><br>Orange Tangerine Juice<br>Chilled Pears<br><br>Choice of 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

## Strawberry Facts

### Did you Know:



- The average strawberry has 150 to 200 seeds on its surface.
- Strawberries are the first fruit to ripen each spring.
- Americans eat an average of 3.4 pounds of fresh strawberries every year
- Strawberries are an excellent source of Vitamin C and potassium and are a sweet and natural alternative to sugary candy snacks.

This institution is an equal opportunity provider.

V = Vegetarian Item  
WG = Whole Grain