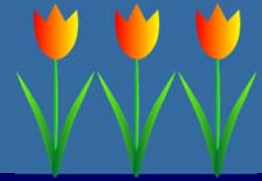






**DeKalb County School District
Smart Bites Health & Wellness
Elementary Breakfast Menu
May 2018**



MON	TUE	WED	THU	FRI
	1 Choice of Entrée: Mini Bagel with Cream Cheese Cheese Omelet/Toast With: Grits Fruit Selections: Strawberry Kiwi Juice Fresh Orange Wedges	2 Choice of Entrée Peach Stuffed Biscuit V Turkey Sausage Breakfast Bagel Fruit Selections: White Grape Juice Fresh Bananas	3 Choice of Entrée: Apple Frudel V Frosted Mini Wheat/Toast With: Grits Fruit Selections: Orange Tangerine Juice Fresh Apple Wedges	4 Choice of Entrée Breaded Beef on Country Biscuit Raspberry Yogurt with Granola V Fruit Selections: Assorted Juice Assorted Fresh Fruit
7 Choice of Entrée: Turkey Sausage Biscuit Go Big Strawberry Yogurt with Cinnamon Toast Crunch Cereal Pouch Fruit Selections: Apple Juice Fruit Cocktail	8 Choice of Entrée: Pancake N Link/Syrup Cherry Frudel Fruit Selections: Strawberry Kiwi Juice Applesauce	9 Choice of Entrée: Breakfast Pizza Cinnamon Chex/Country Biscuit V Fruit Selections: White Grape Juice Fresh Bananas	10 Choice of Entrée: Chicken on Country Biscuit Frosted Mini Wheat/ WG Toast V Fruit Selections: Orange Tangerine Juice Chilled Pears	11 Choice of Entrée: Mini Bagels with Strawberry Cream Cheese V Cheese Omelet/ Country Biscuit Fruit Selections: Assorted Juice Assorted Fresh Fruit
14 Choice of Entrée: Sausage & Waffle Sandwich French Toast Sticks/Syrup V Fruit Selections: Apple Juice Fruit Cocktail	15 Choice of Entrée: Cheese Toast Waffle/Sausage Patty/Syrup Fruit Selections: Strawberry Kiwi Juice Applesauce	16 Choice of Entrée: French Toast Bar V Scrambled Eggs/Country Biscuit Fruit Selections: White Grape Juice Fresh Strawberries 	17 Choice of Entrée: Mini-Cinni Cheese Breakfast Bagel Fruit Selections: Orange Tangerine Juice Chilled Pears	18 Choice of Entrée: Go Big Yogurt/ Muffin Top Frosted Flakes Cereal /Muffin Top Fruit Selections: Assorted Juice Assorted Fresh Fruit
21 Choice of Entrée: Breakfast Pizza Apple Cinnamon Cheerios with Country Biscuit V Fruit Selections: Apple Juice Fruit Cocktail	22 Choice of Entrée: Mini Bagel with Cream Cheese Cheese Omelet/Toast With: Grits Fruit Selections: Strawberry Kiwi Juice Applesauce	23 Choice of Entrée Peach Stuffed Biscuit V Turkey Sausage Breakfast Bagel Fruit Selections: White Grape Juice Fresh Bananas	24 Choice of Entrée: Apple Frudel V Frosted Mini Wheat/Toast With: Grits Fruit Selections: Orange Tangerine Juice Chilled Pears	

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.



½ C = 24 Calories

This institution is an equal opportunity provider.

V = Vegetarian Item
WG = Whole Grain