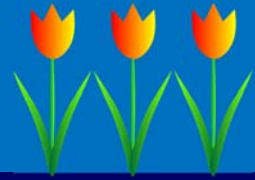




DeKalb County School District Smart Bites Health & Wellness Middle Express Breakfast May 2018



MON	TUE	WED	THU	FRI
	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
7 Turkey Sausage Biscuit Apple Juice Fruit Cocktail Milk	8 Cherry Frudel Apple Cinnamon Cheerios Strawberry Kiwi Juice Applesauce Milk	9 Pancake and Links/ syrup White Grape Juice Fresh Banana Milk	10 Spicy Chicken/Country Biscuit Orange Tangerine Juice Chilled Pears Milk	11 Mini Bagels with strawberry Cream Cheese Cheddar Cheese Stick Assorted Juice Assorted Fresh Fruit Milk
14 Sausage & Waffle Sandwich Apple Juice Fruit Cocktail Milk	15 Country Chicken Biscuit Strawberry Kiwi Juice Applesauce Milk	16 French Toast Bar Cheddar Cheese Stick White Grape Juice Fresh Strawberries Milk 	17 Go Big Strawberry Yogurt Blueberry Muffin Fruit Punch Juice Chilled Pears Milk	18 Turkey Sausage on Country Biscuit Assorted Juice Assorted Fresh Fruit Milk
21 Spicy Chicken Biscuit Apple Juice Fruit Cocktail Milk	22 Cinnamon Chex Mini Bagel with Cream Cheese Strawberry Kiwi Juice Applesauce Milk	23 Peach Stuffed Biscuit White Grape Juice Fresh Banana Milk	24 Turkey Sausage on Country Biscuit Orange Tangerine Juice Chilled Pears Milk	

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

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.