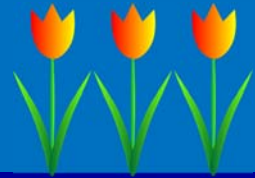






DeKalb County School District Smart Bites Health & Wellness High Breakfast Menu May 2018



MON	TUE	WED	THU	FRI
	<p>1 Choice of Entrée: Turkey Sausage Biscuit Spicy Chicken Biscuit Go Big Strawberry Yogurt / Cinnamon Toast Crunch Cereal Pouch V With: Southern Grits Fruit Selections: Strawberry Kiwi Juice Fresh Orange Wedges</p>	<p>2 Choice of Entrée Turkey Sausage Biscuit Chicken Biscuit Peach Stuffed Biscuit Fruit Selections: White Grape Juice Fresh Strawberries</p>	<p>3 Choice of Entrée: Breaded Beef Biscuit Cheese Biscuit Cinnamon Chex Cereal/Toast Fruit Selections: Orange Tangerine Juice Fresh Apple Wedges</p>	<p>4 Choice of Entrée: Turkey Sausage Biscuit Spicy Chicken Biscuit 1/3 Less Sugar Frosted Flakes/Toast with Southern Grits Fruit Selections: Assorted Juice Assorted Fresh Fruit</p>
<p>7 Choice of Entrée: Turkey Sausage Biscuit Chicken Biscuit 1/3 Less Sugar Fruit Loops with Toast V Fruit Selections: Apple Juice Fruit Cocktail</p>	<p>8 Choice of Entrée: Turkey Sausage Biscuit Spicy Chicken Biscuit Go Big Strawberry Yogurt with Cinnamon Toast Crunch Cereal Pouch Fruit Selections: Strawberry Kiwi Juice Applesauce</p>	<p>9 Choice of Entrée: Turkey Sausage Biscuit Chicken Biscuit Apple Cinnamon Cheerios with Toast V With: Southern Grits Fruit Selections: White Grape Juice Fresh Bananas</p>	<p>10 Choice of Entrée: Breaded Beef Biscuit Cheese Biscuit Banana Bread V Fruit Selections: Orange Tangerine Juice Fruit Cocktail</p>	<p>11 Choice of Entrée: Turkey Sausage Biscuit Spicy Chicken Biscuit 1/3 Less Sugar Frosted Flakes/Toast With: WG Oatmeal Fruit Selections: Assorted Juice Assorted Fresh Fruit</p>
<p>14 Choice of Entrée: Turkey Sausage Biscuit Chicken Biscuit French Toast Sticks/Syrup V Fruit Selections: Apple Juice Fruit Cocktail</p>	<p>15 Choice of Entrée: Turkey Sausage Biscuit Spicy Chicken Biscuit 1/3 Less Sugar Fruit Loops with Toast V with Southern Grits Fruit Selections: Fruit Punch Juice Applesauce</p>	<p>16 Choice of Entrée: Turkey Sausage Biscuit Chicken Biscuit Frosted Mini Wheat/Toast V Fruit Selections: White Grape Juice Fresh Strawberries</p> 	<p>17 Choice of Entrée: Breaded Beef Biscuit Cheese Biscuit Apple Cinnamon Cheerios with Toast V Fruit Selections: Orange Tangerine Juice Fruit Cocktail</p>	<p>18 Choice of Entrée: Turkey Sausage Biscuit Spicy Chicken Biscuit Go Big Strawberry Yogurt with Cinnamon Toast Crunch Cereal Pouch with Southern Grits Fruit Selections: Assorted Juice Assorted Fresh Fruit</p>
<p>21 Choice of Entrée: Turkey Sausage Biscuit Chicken Biscuit 1/3 Less Sugar Fruit Loops with Toast V Fruit Selections: Apple Juice Fruit Cocktail</p>	<p>22 Choice of Entrée: Turkey Sausage Biscuit Spicy Chicken Biscuit Go Big Strawberry Yogurt / Cinnamon Toast Crunch Cereal Pouch V With: Southern Grits Fruit Selections: Strawberry Kiwi Juice Applesauce</p>	<p>23 Choice of Entrée Turkey Sausage Biscuit Chicken Biscuit Peach Stuffed Biscuit Fruit Selections: White Grape Juice Fresh Bananas</p>	<p>24 Choice of Entrée: Breaded Beef Biscuit Cheese Biscuit Cinnamon Chex Cereal/Toast Fruit Selections: Orange Tangerine Juice Fruit Cocktail</p>	

2017- 2018 High Meal Prices

Full Paid Breakfast	\$1.50
Reduced Breakfast	\$0.30
Full Paid Lunch	\$2.75
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