



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

MON	TUE	WED	THU	FRI
	<p>1 Choice Of One Entrée: Chicken Tenders/Roll French Bread Cheese Boat V Spicy Chicken Sandwich</p> <p>Choice of one-four sides: Sweet Potato Fries Garden Salad Fresh Apple Wedges Fresh Fruit Bowl Steamed Spinach</p> <p>Grab N Go: Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>2 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V CornDog Meatball Sub</p> <p>Choice of one-four sides: Sliced Carrots Lima Beans Fresh Strawberries Fresh Fruit Bowl Garden Salad</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>3 Choice Of One Entrée: Buffalo Chicken/Roll Fish Sandwich Poblano Pepper Cheese Wrap V</p> <p>Choice of one-four sides: Broccoli Florets/Ranch Dressing Baked Sweet Potato Fresh Mandarin Oranges Fresh Pear Mixed Green Salad</p> <p>Grab N Go: Fajita Chicken Chef Salad Fresh Turkey Sub</p>	<p>May 4th Your Way Friday</p> <p>Chicken Taco Beef Taco Choice of one-four sides: Shredded Lettuce/Tomatoes Mexicali Corn Fresh Fruit Bowl Applesauce California Blend</p> <p>With: Mexican rice & Welch's White Grape Slush</p> <p>Grab N Go: Yogurt & Cheese Fruit Plate V Fresh Turkey Sub</p>



MAY THE 4TH BE WITH YOU !

<p>7 Choice Of One Entrée: Galaxy Pepperoni Pizza Galaxy Cheese Pizze V Philly Steak Pinwheel Fish Sandwich</p> <p>Choice of two-three sides: Tossed Salad Whole Kernel Corn Chilled Pineapple Fresh Fruit Bowl Mixed Vegetables</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>8 Choice Of One Entrée: Cheeseburger Veggie Burger V Chicken Fajita</p> <p>Choice of one-four sides: Mixed Green Salad Steamed Carrots Chilled Pears Fresh Fruit Bowl Black-eyed Peas</p> <p>Grab N Go: Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>9 Choice Of One Entrée: Beef & Cheese Nachos Cheese Nachos V Grilled Chicken Sandwich Mexican Stuffed Baked Potato with Roll</p> <p>Choice of one-four sides: Shredded Lettuce & Tomato Steamed Broccoli Applesauce Fresh Fruit Bowl Peas & Carrot</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>10 Choice Of One Entrée: Chicken Drumstick/Cornbread Mozzarella Sticks/Italian Dipping Sauce V Beef & Cheese Enchilada</p> <p>Choice of one-four sides: Lima Beans Collard Greens Chilled Fruit Cocktail Fresh Fruit Bowl Garden Salad</p> <p>Grab N Go: Fajita Chicken Salad Fresh Turkey Sub</p>	<p>11 Your Way Friday General Tso's Chicken Or Teriyaki Chicken Served over Choice of Asian Yakisoba Noodles or Brown Rice</p> <p>Choice of one-four sides: Asian Vegetable Blend Green Beans Mixed Green Salad</p> <p>With: Chocolate Chip Cookie</p> <p>Grab N Go: Mixed Cheese Chef Salad V Fresh Turkey Sub</p>
<p>14 Choice Of One Entrée: Spicy Chicken Sandwich Chicken Chili Crispito/ Cheese with Brown Rice Grilled Cheese V</p> <p>Choice of one-four sides: Shredded Lettuce & Tomato Mexican Pinto Beans Chilled Pineapple Assorted Fruit Bowl California Blend</p> <p>Grab N Go: Mixed Cheese Chef Salad V Fresh Turkey Sub</p>	<p>15 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizza V Smokey Rib Sandwich BBQ Chicken Nuggets/Roll</p> <p>Choice of one-four sides: Garden Salad Baked Sweet Potato Chilled Pears Fresh Fruit Bowl Italian Blend Vegetables</p> <p>Grab N Go: Turkey Cheese Salad Fresh Club Sub</p>	<p>16 Choice Of One Entrée: Cheeseburger Veggie Burger V Hot Dog Zesty Cheese & Bean Burrito V</p> <p>Choice of one-four sides: Curly Seasoned Fries Sliced Tomatoes/Lettuce/ Vidalia Onion Applesauce Fresh Fruit Bowl Baby Carrots/Ranch Dressing</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	<p>17 Choice Of One Entrée BBQ Chicken/Cornbread Cheese Dippers/Salsa V Spicy Popcorn Chicken /Cornbread</p> <p>Choice of one-four sides: Steamed Broccoli Baked Potato Chilled Fruit Cocktail Fresh Fruit Bowl Mixed Green Salad</p> <p>Grab N Go: Fajita Chicken Salad Chicken Caesar Wrap V</p>	<p>18 Your Way Friday Italian Meat Sauce Or Alfredo Sauce V Served over Student's Choice of Pasta</p> <p>With: Garlic Knot</p> <p>Choice of one-four sides: Mixed Green Salad Mixed Vegetables Sliced Peaches Fresh Fruit Bowl Green Beans</p> <p>Grab N Go: Charbroiled Chicken Chef Salad Fresh Turkey Sub</p>
<p>21 Choice Of One Entrée: Asian Chicken Bites/WG Roll Bean & Cheese Burrito V Philly Steak Sub</p> <p>Choice of one-four sides: Steamed Broccoli Peas & Carrots Chilled Pineapple Assorted Fruit Bowl Mixed Green Salad</p> <p>Grab N Go: Asian Chicken Chef Salad Fresh Turkey Sub</p>	<p>22 Choice Of One Entrée: Chicken Tenders/Roll French Bread Cheese Boat V Spicy Chicken Sandwich</p> <p>Choice of one-four sides: Baked Potato Garden Salad Chilled Pears Fresh Orange Wedges Steamed Spinach</p> <p>Grab N Go: Turkey Cheese Chef Salad Fresh Club Sub</p>	<p>23 Choice Of One Entrée: Buffalo Chicken/Roll Fish Sandwich Poblano Pepper Cheese Wrap V</p> <p>Choice of one-four sides: Mixed Green Salad Baked Sweet Potato Applesauce Bananas Broccoli Florets/Ranch Dressing</p> <p>Grab N Go: Fajita Chicken Chef Salad Fresh Turkey Sub</p>	<p>24 Choice Of One Entrée: Wild Mike's Pepperoni Pizza Wild Mike's Cheese Pizze V CornDog Meatball Sub</p> <p>Choice of one-four sides: Baby Carrots/Ranch Dressing Whole Kernel Corn Fresh Apple Wedges Fruit Cocktail Garden Salad</p> <p>Grab N Go: Charbroiled Chicken Salad Fresh Turkey Sub</p>	 <p>Enjoy Your Summer !</p>

Last Day of School

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

Farm to School



Vidalia® Onions are the official state vegetable of Georgia and are grown exclusively in a 20-county region in Georgia. Vidalia® Onions have a mild, sweet taste which makes them more versatile than onions with a stronger taste. Onions are a good source of Vitamin C. Best of all, they are fat free, cholesterol free, and sodium free.

This menu is subject to change based on product availability with approval of School Nutrition & School Principal
This institution is an equal opportunity provider

V = Vegetarian Item
WG = Whole Grain