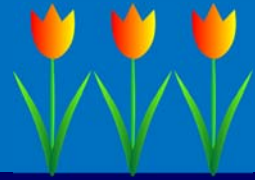




## DeKalb County School District Smart Bites Health & Wellness Middle Express Breakfast May 2018



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 <b>Fresh Strawberries</b>  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.