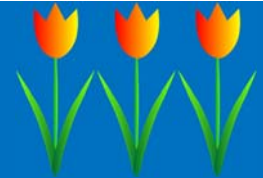




## DeKalb County School District Smart Bites Health & Wellness Middle Breakfast Menu May 2018



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

**2017- 2018 Middle Meal Prices**

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**