



BREAKFAST @SCHOOL

For first-class learning!

DeKalb County School District

Featuring
Healthy Fruits
& Grains!

**MIDDLE HIGH EXPRESS
AUGUST 2019**

This institution is an equal opportunity provider.

Monday, August 5

Country Chicken
Biscuit

Apple Juice
Fruit Cocktail

Milk

Tuesday, August 6

Assorted Cereal with
Homemade Rustic
Drop Muffin V

Strawberry Kiwi Juice
Applesauce

Milk

Wednesday, August 7

Spicy Chicken on
Country Biscuit

Orange Tangerine
Juice
Fresh Banana

Milk

Thursday, August 8

Go Big Strawberry
Yogurt V
Homemade Rustic
Drop Muffin V

Fruit Punch
Orange Wedges

Milk

Friday, August 9

Turkey Sausage
Biscuit

Orange Tangerine
Juice
Fresh Apple Wedges

Milk

**The original value meal
& still a fantastic deal!**

Elementary

Secondary

\$1.55

\$1.65

**Get in touch with us today to learn more about
free and reduced-price meals in our district:**

Monday, August 12

Turkey Sausage on
Country Biscuit

Orange Tangerine
Juice
Fruit Cocktail

Milk

Tuesday, August 13

Cinnamon Toast
Crunch Pastry
&
Cheese Cubes

Fruit Punch Juice
Applesauce

Milk

Wednesday, August 14

Chicken Biscuit

Apple Juice
Banana

Milk

Thursday, August 15

Go Big Strawberry
Yogurt V
Homemade Rustic
Drop Muffin

White Grape Juice
Chilled Peaches

Milk

Friday, August 16

Spicy Chicken Biscuit

Assorted Juice
Orange Wedges

Milk

First things First

**Choose at least ONE
serving of FRUIT and at
least THREE items TOTAL
so your meal counts as a Complete Breakfast!**

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helps keep kids healthy and gives them the energy they need to learn.

Monday, August 19

Country Chicken
Biscuit

Apple Juice
Fruit Cocktail

Milk

Tuesday, August 20

Assorted Cereal with
Homemade Rustic
Drop Muffin V

Strawberry Kiwi Juice
Applesauce

Milk

Wednesday, August 21

Spicy Chicken on
Country Biscuit

Orange Tangerine
Juice
Fresh Banana

Milk

Thursday, August 22

Turkey Sausage
Biscuit

Orange Tangerine
Juice
Chilled Pears

Friday, August 23

Go Big Strawberry
Yogurt V

Homemade Rustic
Drop Muffin
V

Fruit Punch
Orange Wedges

Milk

Monday, August 26

Turkey Sausage on
Country Biscuit

Orange Tangerine
Juice
Fruit Cocktail

Milk

Tuesday, August 27

Cinnamon Toast
Crunch Pastry
&
Cheese Cubes

Fruit Punch Juice
Applesauce

Milk

Wednesday, August 28

Chicken Biscuit

Apple Juice
Banana

Milk

Thursday, August 29

Go Big Strawberry
Yogurt V
Homemade Rustic
Drop Muffin

White Grape Juice
Chilled Peaches

Milk

Friday, August 30

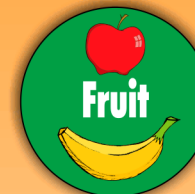
Sausage Biscuit

Assorted Juice
Orange Wedges

Milk

First things First

To make a breakfast,
choose at least one



or



and at
least
three
items
total



DeKalb County School District
School Nutrition Services