



BREAKFAST @SCHOOL

For first-class learning!

DeKalb County School District

Featuring
Healthy Fruits
& Grains!

**High School Breakfast
November 2019**

This institution is an equal opportunity provider.

NUTRITION TO GO

Some people blame the sleepiness they feel after Thanksgiving dinner on the turkey, which does contain a natural sedative known as tryptophan. But beef and chicken contain this substance, too. Post-meal drowsiness on Thanksgiving is caused by eating an unusually large, multi-course meal, NOT just by the turkey!

A QUICK BITE FOR TEENS



Friday, November 1

Great Beginnings
Scrambled Eggs With Turkey Bacon & Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

Fruity Delights (1-2):
Assorted Juice
Applesauce

Monday, November 4

Great Beginnings
Country Chicken Biscuit

Choice of Cereal with Toast

Breakfast Flatbread

Fruity Delights (1-2):
Assorted Juice
Seasonal Fresh Fruit

Tuesday, November 5



Wednesday, November 6

Great Beginnings
Paradise Parfait

Turkey Sausage Biscuit

Morning Pastry to Go

With: Southern Grits

Fruity Delights (1-2):
Assorted Juice
Chilled Pears

Thursday, November 7

Great Beginnings
Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Pancake N Link

Fruity Delights (1-2):
Assorted Juice
Banana

Friday, November 8

Great Beginnings
Choice of Cereal with Blueberry Muffin Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):
Assorted Juice
Applesauce



Choice of Milk Available with Every Meal

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DeKalb County School District
School Nutrition Services
NOVEMBER 2019

Monday, November 11

Great Beginnings

Choice of Cereal with Blueberry Muffin Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):

Assorted Juice
 Seasonal Fresh Fruit

Tuesday, November 12

Great Beginnings

Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

Fruity Delights (1-2):

Assorted Juice
 Sliced Peaches

Wed., November 13

Great Beginnings

Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry To Go

With: Southern Grits

Fruity Delights (1-2):

Assorted Juice
 Chilled Pears

Thurs., November 14

Great Beginnings

Maple French Toast Sticks with Turkey Sausage Link

Assorted Cereal with Blueberry Muffin Bread

Avocado Cheese Toast

Fruity Delights (1-2):

Assorted Juice
 Banana

Friday, November 15

Great Beginnings

Scrambled Eggs with Turkey Bacon & Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

Fruity Delights (1-2):

Assorted Juice
 Applesauce

Monday, November 18

Great Beginnings

Country Chicken Biscuit

Choice of Cereal with Toast

Breakfast Flatbread

Fruity Delights (1-2):

Assorted Juice
 Seasonal Fresh Fruit

Tuesday, November 19

Great Beginnings

Chicken & Waffle

Cinnamon Toast Crunch Pastry

Spinach & Cheese Omelet with Toast

Fruity Delights (1-2):

Assorted Juice
 Sliced Peaches

Wed., November 20

Great Beginnings

Paradise Parfait

Turkey Sausage Biscuit

Morning Pastry to Go

With: Southern Grits

Fruity Delights (1-2):

Assorted Juice
 Chilled Pears

Thurs., November 21

Great Beginnings

Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Pancake N Link

Fruity Delights (1-2):

Assorted Juice
 Banana

Friday, November 22

Great Beginnings

Choice of Cereal with Blueberry Muffin Bread

Turkey Sausage Biscuit

Island Parfait

Fruity Delights (1-2):

Assorted Juice
 Applesauce

Choice of Milk is Available with Every Meal

Happy Thanksgiving

From

DeKalb School Nutrition Services

Word of the Month
re·spect

n. 1. Consideration 2. Courteous appreciation for others' feelings

v. 1. To honor or hold in esteem 2. To show regard for someone or something



ENJOY YOUR HOLIDAY!
SEE YOU MONDAY,
DECEMBER 2ND, 2019