



# BREAKFAST @SCHOOL

**For first-class learning!**

**Dekalb County School District**

Featuring  
Healthy Fruits  
& Grains!

**High Express  
SEPTEMBER 2019**

This institution is an equal opportunity provider. Menu is subject to change.



**NO SCHOOL  
MONDAY,  
SEPTEMBER 2**

**Tuesday, September 3**

French Toast Sticks  
Strawberry Kiwi Juice  
Applesauce  
  
Milk

**Wednesday, September 4**

Cereal Choice with  
Blueberry Muffin  
Bread V  
  
Strawberry Kiwi Juice  
Fresh Banana  
  
Milk

**Thursday, September 5**

Toasted Croissant  
with Jelly  
  
Apple Juice  
Chilled Peaches  
  
Milk

**Friday, September 6**

Go Big Strawberry  
Yogurt V  
Homemade Blueberry  
Muffin Bread V  
  
Fruit Punch  
Orange Wedges  
  
Milk

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

**Breakfast \$1.65**

Choice of milk with every Meal

Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
[www.dekalbschoolsga.org/school-nutrition](http://www.dekalbschoolsga.org/school-nutrition)

**Monday, September 9**

Turkey Sausage  
Biscuit  
  
Orange Tangerine  
Juice  
Fruit Cocktail  
  
Milk

**Tuesday, September 10**

Cinnamon Toast  
Crunch Pastry  
&  
Cheese Cubes  
  
Fruit Punch Juice  
Applesauce  
  
Milk

**Wednesday, September 11**

Toasted Croissant  
with Jelly  
  
Apple Juice  
Banana  
  
Milk

**Thursday, September 12**

Go Big Strawberry  
Yogurt V  
Blueberry Muffin  
Bread  
  
White Grape Juice  
Chilled Peaches  
  
Milk

**Friday, September 13**

Pancake N Link  
  
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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Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
Country Chicken Biscuit	French Toast Sticks	Cereal Choice with Blueberry Muffin Bread V	Toasted Croissant with Jelly	Go Big Strawberry Yogurt V Homemade Blueberry Muffin Bread V
Apple Juice Fruit Cocktail	Strawberry Kiwi Juice Applesauce	Strawberry Kiwi Juice Fresh Banana	Apple Juice Chilled Peaches	Fruit Punch Orange Wedges
Milk	Milk	Milk	Milk	Milk

Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
Turkey Sausage Biscuit	Cinnamon Toast Crunch Pastry & Cheese Cubes	Toasted Croissant with Jelly	Go Big Strawberry Yogurt V Blueberry Muffin Bread	Pancake N Link
Orange Tangerine Juice Fruit Cocktail	Fruit Punch Juice Applesauce	Apple Juice Banana	White Grape Juice <b>Fresh Apple</b>	Assorted Juice Orange Wedges
Milk	Milk	Milk	Milk  <b>Harvest of the Month</b>	Milk

Monday, September 30	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
Country Chicken Biscuit	French Toast Sticks	Cereal Choice with Blueberry Muffin Bread V	Toasted Croissant with Jelly	Go Big Strawberry Yogurt V Homemade Blueberry Muffin Bread V
Apple Juice Fruit Cocktail	Strawberry Kiwi Juice Applesauce	Strawberry Kiwi Juice Fresh Banana	Apple Juice Chilled Peaches	Fruit Punch Orange Wedges
Milk	Milk	Milk	Milk	Milk



## Apples

Harvest of the Month  
September 26, 2019

**Apples are very low in saturated fat, cholesterol and sodium.  
Good source of Dietary fiber and vitamin C.**