



# BREAKFAST @SCHOOL

**For first-class learning!**

**Dekalb County School District**

Featuring  
Healthy Fruits  
& Grains!

**High Breakfast  
SEPTEMBER 2019**

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



**NO SCHOOL  
MONDAY,  
SEPTEMBER 2**

**Tuesday, September 3**

**Great Beginnings**  
Breakfast Pizza

Toasted Croissant with Jelly

Overnight Oats Extravaganza

**Fruity Delights (1-2):**

Assorted Juice  
Sliced Peaches

**Wednesday, September 4**

**Great Beginnings**  
Peaches N Cream Parfait

Turkey Sausage Biscuit

Morning Pastry To Go

*With: Southern Grits*

**Fruity Delights (1-2):**

Assorted Juice  
Seasonal Fresh Fruit

**Thursday, September 5**

**Great Beginnings**  
Maple French Toast Sticks with Turkey  
Sausage Link

Assorted Cereal with Blueberry Muffin  
Bread

Avocado Cheese Toast

**Fruity Delights (1-2):**

Orange Tangerine Juice  
Chilled Pears

**Friday, September 6**

**Great Beginnings**  
Scrambled Eggs With Turkey Bacon &  
Toast

Hot Cinnamon Roll

Assorted Cereal with Toast

**Fruity Delights (1-2):**

Assorted Juice  
Applesauce

**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**

**Great Beginnings**  
Country Chicken Biscuit

Choice of Cereal with Toast

Breakfast Flatbread

**Fruity Delights (1-2):**

Assorted Juice  
Apple Wedges

**Tuesday, September 10**

**Great Beginnings**  
Chicken & Waffle

Cinnamon Toast Crunch Pastry

Spinach & Cheese Omelet with Toast

**Fruity Delights (1-2):**

Assorted Juice  
Sliced Peaches

**Wednesday, September 11**

**Great Beginnings**  
Paradise Parfait

Turkey Sausage Biscuit

Morning Pastry to Go

*With: Southern Grits*

**Fruity Delights (1-2):**

Assorted Juice  
Orange Wedges

**Thursday, September 12**

**Great Beginnings**  
Cheesy Scrambled Eggs with Toast

Choice of Cereal with Toast

Spicy Chicken Sandwich

**Fruity Delights (1-2):**

Assorted Juice  
Chilled Pears

**Friday, September 13**

**Great Beginnings**  
Choice of Cereal with Blueberry Muffin  
Bread

Turkey Sausage Biscuit

Island Parfait

**Fruity Delights (1-2):**

Assorted Juice  
Seasonal Fresh Fruit

First things First

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

**BREAKFAST@SCHOOL**  
**For first-class learning!**

Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
<b>Great Beginnings</b> Country Chicken Biscuit  Peaches N Cream Parfait  Choice of Cereal with Buttermilk Biscuit  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>Great Beginnings</b> Breakfast Pizza  Toasted Croissant with Jelly  Overnight Oats Extravaganza  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>Great Beginnings</b> Peaches N Cream Parfait  Turkey Sausage Biscuit  Morning Pastry To Go  <i>With: Southern Grits</i> <b>Fruity Delights (1-2):</b> Assorted Juice Banana	<b>Great Beginnings</b> Maple French Toast Sticks with Turkey Sausage Link  Assorted Cereal <b>with</b> Blueberry Muffin Bread  Avocado Cheese Toast  <b>Fruity Delights (1-2):</b> Orange Tangerine Juice Chilled Pears	<b>Great Beginnings</b> Scrambled Eggs With Turkey Bacon & Toast  Hot Cinnamon Roll  Assorted Cereal <b>with</b> Toast  <b>Fruity Delights (1-2):</b> Assorted Juice Applesauce

Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
<b>Great Beginnings</b> Country Chicken Biscuit  Choice of Cereal with Toast  Breakfast Flatbread <b>Fruity Delights (1-2):</b> Assorted Juice Orange Wedges	<b>Great Beginnings</b> Chicken & Waffle  Cinnamon Toast Crunch Pastry  Spinach & Cheese Omelet with Toast  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>Great Beginnings</b> Paradise Parfait  Turkey Sausage Biscuit  Morning Pastry to Go  <i>With: Southern Grits</i> <b>Fruity Delights (1-2):</b> Assorted Juice Banana	<b>Great Beginnings</b> Cheesy Scrambled Eggs with Toast  Choice of Cereal with Toast  Spicy Chicken Sandwich  <b>Fruity Delights (1-2):</b> Assorted Juice <b>Fresh Apple</b>  **Harvest of the Month**	<b>Great Beginnings</b> Choice of Cereal with Blueberry Muffin Bread  Turkey Sausage Biscuit  Island Parfait  <b>Fruity Delights (1-2):</b> Assorted Juice Applesauce

Monday, September 30	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
<b>Great Beginnings</b> Country Chicken Biscuit  Peaches N Cream Parfait  Choice of Cereal with Buttermilk Biscuit  <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>Great Beginnings</b> Breakfast Pizza  Toasted Croissant with Jelly  Overnight Oats Extravaganza  <b>Fruity Delights (1-2):</b> Assorted Juice Sliced Peaches	<b>Great Beginnings</b> Peaches N Cream Parfait  Turkey Sausage Biscuit  Morning Pastry To Go  <i>With: Southern Grits</i> <b>Fruity Delights (1-2):</b> Assorted Juice Seasonal Fresh Fruit	<b>Great Beginnings</b> Maple French Toast Sticks with Turkey Sausage Link  Assorted Cereal with Blueberry Muffin Bread  Avocado Cheese Toast  <b>Fruity Delights (1-2):</b> Orange Tangerine Juice Chilled Pears	<b>Great Beginnings</b> Scrambled Eggs With Turkey Bacon & Toast  Hot Cinnamon Roll  Assorted Cereal <b>with</b> Toast  <b>Fruity Delights (1-2):</b> Assorted Juice Applesauce



## 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.