

DeKalb County School District

High Breakfast

APRIL
2021

Thursday, April 1

Breakfast Grab N Go
Chicken Biscuit
Mixed Fruit Juice & Fresh Apple

Lunch Grab N Go (Hot)
Breaded Beef with Bun
Garden Salad
Baked Beans
Cinnamon Applesauce

Lunch Grab N Go (Cold)
Mixed Cheese Chef Salad
Lunch Extras
Assorted Juice

Snack
Strawberry Nutra-Grain Bar
Apple Splash

Friday, April 2

Breakfast Grab N Go
Reduced Sugar Frosted Flakes
Graham Gold Fish
Orange Tangerine Juice & Fruit Cocktail

Lunch Grab N Go (Hot)
Big Mike's Pepperoni Pizza
Steamed Broccoli
Whole Kernel Corn
Diced Peaches

Lunch Grab N Go (Cold)
Sun butter & Jelly Plate
Lunch Extras
Fruit Punch Juice

Snack
Cheddar Goldfish & Apple Splash

Watch the winter melt away!

Spring Break!

Break begins at the end of classes:

Friday, April 2

Classes resume:

Monday, April 12

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Breakfast Cold Grab N Go
Reduced Sugar Fruit Loops /Graham Crackers
Orange Tangerine Juice
Fresh Gala Apple

Breakfast Hot Grab N Go
Spicy Chicken Biscuit
Orange Tangerine Juice
Fresh Gala Apple

Tuesday, April 13

Breakfast Cold Grab N Go
Blueberry Pop-Tarts
Mixed Fruit Juice
Diced Apricots

Breakfast Hot Grab N Go
Turkey Sausage Biscuit
Mixed Fruit Juice
Diced Apricots

Wednesday, April 14

**Curbside Breakfast
Grab N Go**
Frosted Mini Wheats with Biscuit
Apple Juice
Banana

Breakfast Hot Grab N Go
Pancake N Link
Apple Juice
Banana

Thursday, April 15

Breakfast Cold Grab N Go
Whole Grain Chocolate Chip Muffin
Cheese Cubes
Orange Tangerine Juice
Fresh Apple

Breakfast Grab N Go
Chicken Biscuit
Orange Tangerine Juice
Fresh Apple

Friday, April 16

Breakfast Cold Grab N Go
Frosted Flakes with Graham Gold Fish
Mixed Fruit Juice
Diced Peaches

Breakfast Hot Grab N Go
Beef Biscuit
Mixed Fruit Juice
Diced Peaches

Monday, April 19 Breakfast Cold Grab N Go Reduced Sugar Fruit Loops & Graham Crackers Orange Juice & Fresh Gala Apple Breakfast Hot Grab N Go Spicy Chicken Biscuit Orange Tangerine Juice Fresh Gala Apple	Tuesday, April 20 Breakfast Cold Grab N Go Blueberry Pop-Tarts Apple Juice Diced Apricots Breakfast Hot Grab N Go Turkey Sausage Biscuit Apple Juice & Diced Peaches	Wednesday, April 21 Breakfast Cold Grab N Go Frosted Flakes & Graham Gold Fish Apple Juice & Banana Breakfast Hot Grab N Go Pancake N Link Apple Juice Banana	Thursday, April 22 Breakfast Grab N Go Whole Grain Chocolate Chip Muffin Mixed Fruit Juice Fresh Apple Breakfast Hot Grab N Go Chicken Biscuit Mixed Fruit Juice & Fresh Apple	Friday, April 23 Breakfast Grab N Go Reduced Sugar Frosted Flakes Graham Gold Fish Orange Tangerine Juice & Fruit Cocktail Breakfast Hot Grab N Go Turkey Sausage Biscuit Apple Juice & Diced Peaches
Monday, April 26 Breakfast Cold Grab N Go Reduced Sugar Fruit Loops /Graham Crackers Orange Tangerine Juice Fresh Gala Apple Breakfast Hot Grab N Go Spicy Chicken Biscuit Orange Tangerine Juice Fresh Gala Apple	Tuesday, April 27 Breakfast Cold Grab N Go Blueberry Pop-Tarts Mixed Fruit Juice Diced Apricots Breakfast Hot Grab N Go Turkey Sausage Biscuit Mixed Fruit Juice Diced Apricots	Wednesday, April 28 Breakfast Grab N Go Frosted Mini Wheats with Biscuit Apple Juice Banana Breakfast Hot Grab N Go Pancake N Link Apple Juice Banana	Thursday, April 29 Breakfast Cold Grab N Go Whole Grain Chocolate Chip Muffin Cheese Cubes Orange Tangerine Juice Fresh Apple Breakfast Grab N Go Chicken Biscuit Orange Tangerine Juice Fresh Apple	Friday, April 30 Breakfast Cold Grab N Go Frosted Flakes with Graham Gold Fish Mixed Fruit Juice Diced Peaches Breakfast Hot Grab N Go Beef Biscuit Mixed Fruit Juice Diced Peaches

Earth Day April 22



NUTRITION TO GO

Try to get in the habit of checking the labels on convenience foods marketed to kids. One dinner from a popular brand (containing chicken nuggets, mac and cheese, corn, and a dessert) contains all kinds of additives and chemicals, 9 grams of added sugar, and more than half a day's worth of sodium.

A QUICK BITE FOR PARENTS