

Nutrition Express

September

2020

DeKalb County School District
School Nutrition Services

This institution is an equal opportunity provider.
Menus are subject to change.

Weekend Snack Pack **(Sent home every Friday)**

Ritz Bits (1)
Fruit Juice (2)
Nutrigrain Bar (1)
Fruit Snack (1)
Cheese Sticks (1)

*Choice of Milk Served With
Every Meal*

Monday, August 31

Breakfast:

Frosted Flakes
Graham Crackers
Fruit Juice
Fresh Gala Apple
Milk

Lunch

Turkey Ham & Cheese on
Croissant
Carrot Sticks (9)
Ranch Dressing
Mandarin Oranges
Shortbread Cookies
Milk

Tuesday, September 1

Breakfast

Strawberry Yogurt
Granola
Apple Juice
Fresh Pear

Lunch

Turkey & Cheese Hoagie
Mayo
Cherry Tomatoes w Ranch
VBlend Juice
Ranch Dressing
Orange Tangerine Juice
Applesauce

Wednesday, September 2

Breakfast:

Frosted Mini Wheat
Goldfish Grahams
Mixed Berry Juice
Fresh Banana

Lunch

Sun Butter Uncrustable
Cheese Cubes
Broccoli Florets
Cherry Tomatoes with Ranch
Diced Pears
Orange Tangerine Juice
Goldfish

Thursday, September 3

Breakfast:

Cinnamon Toast Crunch
Pastry
Orange Tangerine Juice
Fresh Red Delicious Apple

Lunch

Turkey Croissant Sandwich
Celery Sticks (5)
VBlend Juice
Pretzels
Fruit Cocktail
Mixed Berry Juice

Friday, September 4

Breakfast

Apple Cinnamon Cheerios
Goldfish Grahams
Apple Juice
Fresh Pear

Lunch

Turkey, Turkey Ham &
Cheese Hoagie
Carrot Sticks (9)
Ranch Dressing
Chilled Peaches
Mixed Berry
See Week-End Snack

Monday, September 7

Breakfast

Fruit Loops
Graham Crackers
Orange Tangerine Juice
Fresh Gala Apple

Lunch

Cheese Sauce
Tostito Chips
Salsa
Celery Sticks (9) w Ranch
Dressing
Fruit Cocktail
Orange Tangerine Juice
Shortbread Cookies

Tuesday, September 8

Breakfast

Strawberry Yogurt
Granola
Diced Peaches
Apple Juice
Milk

Lunch

Turkey & Cheese Hoagie
Mayo
Cherry Tomatoes (6) with
Ranch
VBlend Juice
Apple Juice
Mandarin Oranges

Wednesday, September 9

Breakfast:

Frosted Flakes
Graham Crackers
Mixed Berry Fruit Juice
Red Delicious Apple

Lunch

SunButter Uncrustable
Sunflower Seeds
Carrot Sticks (9) with Ranch
Orange Tangerine Juice
Diced Pears
Goldfish

Thursday, September 10

Breakfast:

Pop-Tarts(2-pack)
Orange Tangerine Juice
Diced Peaches

Lunch

Turkey Croissant Sandwich
Broccoli Florets
VBlend Juice
Fruit Cocktail
Mixed Berry Juice
Pretzels

Friday, September 11

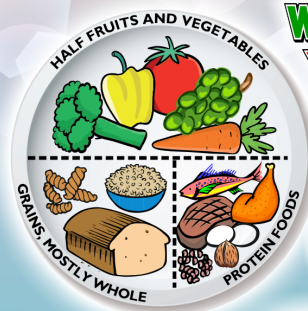
Breakfast

Frosted Mini Wheats
Goldfish Grahams
Apple Juice
Fresh Pear
Milk

Lunch

Turkey, Turkey Ham &
Cheese Hoagie
Carrot Sticks (9) w Ranch
Fruit Cocktail
Mixed Berry Juice
* See Weekend Snack**

This institution is an equal opportunity provider.



**What's on
YOUR
plate?**

**What does
a pickle
start out
as and
how
does
it become
a pickle?**



A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are "pickled" by this process, too, like sauerkraut and pickled peppers, to name just two!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday September 14

Breakfast:

Frosted Flakes
Graham Crackers
Fruit Juice
Fresh Gala Apple
Milk

Lunch

Turkey Ham & Cheese on
Croissant
Carrot Sticks (9)
Ranch Dressing
Mandarin Oranges
Shortbread Cookies

Tuesday, September 15

Breakfast

Strawberry Yogurt
Granola
Apple Juice
Diced Peaches

Lunch

Turkey & Cheese Hoagie
Mayo
Cherry Tomatoes w Ranch
VBlend Juice
Ranch Dressing
Orange Tangerine Juice
Fruit Cocktail

Wednesday, September 16

Breakfast:

Frosted Mini Wheat
Goldfish Grahams
Mixed Berry Juice
Fresh Pear

Lunch

Sun Butter Uncrustable
Sunflower Seeds
Broccoli Florets
Cherry Tomatoes with Ranch
Diced Pears
Orange Tangerine Juice
Goldfish

Thursday, September 17

Breakfast:

Cinnamon Toast Crunch
Pastry
Orange Tangerine Juice
Red Delicious Apple

Lunch

Turkey Croissant Sandwich
Celery Sticks (5)
VBlend Juice
Pretzels
Fruit Cocktail
Mixed Berry Juice

Friday, September 18

Breakfast

Apple Cinnamon Cheerios
Goldfish Grahams
Apple Juice
Fresh Pear

Lunch

Turkey, Turkey Ham &
Cheese Hoagie
Carrot Sticks (9)
Ranch Dressing
Cinnamon Applesauce
Mixed Berry

See Week-End Snack

Monday, September 21

Breakfast

Fruit Loops
Graham Crackers
Orange Tangerine Juice
Fresh Gala Apple

Lunch

Cheese Sauce
Tostito Chips
Salsa
Celery Sticks (9) w Ranch
Dressing
Mandarin Oranges
Apple Juice
Shortbread Cookies

Tuesday, September 22

Breakfast

Strawberry Yogurt
Granola
Diced Peaches
Apple Juice
Milk

Lunch

Turkey & Cheese Hoagie
Mayo
Cherry Tomatoes (6) with
Ranch
VBlend Juice
Fruit Cocktail
Orange Tangerine Juice

Wednesday, September 23

Breakfast:

Frosted Flakes
Graham Crackers
Mixed Berry Fruit Juice
Fresh Pear

Lunch

SunButter Uncrustable
Cheese Cubes
Carrot Sticks (9) with Ranch
Orange Tangerine Juice
Diced Pears
Goldfish

Thursday, September 24

Breakfast:

Pop-Tarts(2-pack)
Orange Tangerine Juice
Red Delicious Apple

Lunch

Turkey Croissant Sandwich
Broccoli Florets
VBlend Juice
Fruit Cocktail
Mixed Berry Juice
Pretzels

Friday, September 25

Breakfast

Frosted Mini Wheats
Goldfish Grahams
Apple Juice
Fresh Pear
Milk

Lunch

Turkey, Turkey Ham &
Cheese Hoagie
Carrot Sticks (9) w Ranch
Cinnamon Applesauce
Mixed Berry Juice

** See Weekend Snack***

Monday, September 28

Breakfast:

Frosted Flakes
Graham Crackers
Fruit Juice
Fresh Gala Apple
Milk

Lunch

Turkey Ham & Cheese
Croissant
Carrot Sticks (9)
Ranch Dressing
Orange Tangerine Juice
Shortbread Cookies

Tuesday, September 29

Breakfast

Strawberry Yogurt
Granola
Apple Juice
Diced Peaches

Lunch

Turkey & Cheese Hoagie
Mayo
Black Bean & Corn Salad
VBlend Juice
Ranch Dressing
Fruit Cocktail
Mandarin Oranges

Wednesday, September 30

Breakfast:

Frosted Mini Wheat
Goldfish Grahams
Red Delicious Apple

Lunch

Sun Butter Uncrustable
Cheese Cubes
Broccoli Florets
Cherry Tomatoes with Ranch
Diced Pears
Orange Tangerine Juice
Goldfish

Thursday, October 1

Breakfast:

Cinnamon Toast Crunch
Pastry
Orange Tangerine Juice
Diced Peaches

Lunch

Turkey Croissant Sandwich
Black Bean & Corn Salad
VBlend Juice
Pretzels
Fruit Cocktail
Mixed Berry Juice

Friday, October 2

Breakfast

Apple Cinnamon Cheerios
Goldfish Grahams
Apple Juice
Fresh Pear

Lunch

Turkey, Turkey Ham &
Cheese Hoagie
Carrot Sticks
Ranch Dressing
Cinnamon Applesauce
Mixed Berry

See Week-End Snack

***Weekend Snack Pack
(Sent home every Friday)***

Ritz Bits (1)
Fruit Juice (2)
Nutrigrain Bar (1)
Fruit Snack (1)
Cheese Sticks (1)