### AUGUST 2020

#### ELEMENTARY

**DeKalb County School District**

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

**NUTRITION T0 GO**

Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.

**A QUICK BITE FOR PARENTS**

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Frosted Flakes, Graham Crackers, Orange Tangerine Fruit Juice, Fresh Gala Apple, Lunch: Grilled Cheese, Carrot Sticks, Ranch Dressing, Mandarin Oranges, Apple Juice, Shortbread Cookies</td>
</tr>
<tr>
<td>Lunch</td>
<td>Turkey &amp; Cheese Hoagie, Mayo, Black Bean &amp; Corn Salad, VBlend Juice, Ranch Dressing, Orange Tangerine Juice, Applesauce</td>
</tr>
</tbody>
</table>

### AUGUST 2020, MONDAY AUGUST 17

**Breakfast:**
- Frosted Flakes
- Graham Crackers
- Orange Tangerine Fruit Juice
- Fresh Gala Apple

**Lunch:**
- Turkey & Cheese Hoagie
- Mayo
- Black Bean & Corn Salad
- VBlend Juice
- Ranch Dressing
- Orange Tangerine Juice
- Applesauce

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### AUGUST 2020, TUESDAY AUGUST 18

**Breakfast:**
- Strawberry Yogurt
- Granola
- Apple Juice
- Fresh Orange

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

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### AUGUST 2020, WEDNESDAY AUGUST 19

**Breakfast:**
- Frosted Mini Wheat
- Goldfish Grains
- Mixed Berry Juice
- Fresh Banana

**Lunch:**
- Turkey Croissant Sandwich
- Black Bean & Corn Salad
- VBlend Juice
- Pretzels
- Fruit Cocktail
- Mixed Berry Juice

*See Week-End Snack*

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### AUGUST 2020, THURSDAY AUGUST 20

**Breakfast:**
- Apple Cinnamon Cheerios
- Goldfish Grains
- Apple Juice
- Fresh Pear

**Lunch:**
- Turkey, Turkey Ham & Cheese Hoagie
- Carrot Sticks
- Ranch Dressing
- Chilled Peaches
- Mixed Berry

*See Weekend Snack**

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### AUGUST 2020, FRIDAY AUGUST 21

**Breakfast:**
- SunButter Uncrustable
- Cheese Cubes
- Broccoli Florets
- Cherry Tomatoes with Ranch
- Diced Pears
- Orange Tangerine Juice
- Goldfish

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### AUGUST 2020, MONDAY AUGUST 24

**Breakfast:**
- Fruit Loops
- Graham Crackers
- Orange Tangerine Juice
- Fresh Gala Apple

**Lunch:**
- Cheese Sauce
- Tostito Chips
- Salsa
- Celery Sticks w Ranch Dressing
- Mandarin Oranges
- Apple Juice

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### AUGUST 2020, TUESDAY AUGUST 25

**Breakfast:**
- Strawberry Yogurt
- Granola
- Fresh Orange
- Apple Juice
- Milk

**Lunch:**
- Turkey & Cheese Hoagie
- Mayo
- Black Bean & Corn Salad
- VBlend Juice
- Orange Tangerine Juice
- Applesauce

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### AUGUST 2020, WEDNESDAY AUGUST 26

**Breakfast:**
- Frosted Flakes
- Graham Crackers
- Mixed Berry Fruit Juice
- Fresh Banana

**Lunch:**
- Sun Butter Uncrustable
- Cheese Cubes
- Broccoli Florets
- Cherry Tomatoes w Ranch
- Diced Pears
- Orange Tangerine Juice
- Goldfish

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### AUGUST 2020, THURSDAY AUGUST 27

**Breakfast:**
- Pop-Tarts(2-pack)
- Orange Tangerine Juice
- Fresh Red Delicious Apple

**Lunch:**
- Turkey Croissant Sandwich
- Black Bean & Corn Salad
- VBlend Juice
- Fruit Cocktail
- Mixed Berry Juice

*See Weekend Snack**

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### AUGUST 2020, FRIDAY AUGUST 28

**Breakfast:**
- Frosted Mini Wheats
- Goldfish Grains
- Apple Juice
- Fresh Pear

**Lunch:**
- Turkey, Turkey Ham & Cheese Hoagie
- Carrot Sticks w Ranch
- Chilled Peaches
- Mixed Berry Juice

*See Weekend Snack**

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### AUGUST 2020, MONDAY AUGUST 31

**Breakfast:**
- Frosted Flakes
- Graham Crackers
- Fruit Juice
- Fresh Gala Apple
- Milk

**Lunch:**
- Grilled Cheese
- Carrot Sticks
- Ranch Dressing
- Mandarin Oranges

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### AUGUST 2020, TUESDAY AUGUST 30

**Breakfast:**
- Strawberry Yogurt
- Granola
- Apple Juice
- Fresh Orange

**Lunch:**
- Turkey & Cheese Hoagie
- Mayo
- Black Bean & Corn Salad
- VBlend Juice
- Ranch Dressing
- Orange Tangerine Juice
- Applesauce

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### AUGUST 2020, WEDNESDAY AUGUST 29

**Breakfast:**
- Frosted Mini Wheat
- Goldfish Grains
- Mixed Berry Juice
- Fresh Banana

**Lunch:**
- Turkey Croissant Sandwich
- Black Bean & Corn Salad
- VBlend Juice
- Pretzels
- Fruit Cocktail
- Mixed Berry Juice

*See Week-End Snack*