## AUGUST 2020
### HIGH SCHOOL

**DeKalb County School District**

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

### Breakfast Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, August 17</strong></td>
<td>Frosted Flakes, Graham Crackers, Orange Tangerine Fruit Juice, Fresh Gala Apple</td>
<td>Grilled Cheese, Carrot Sticks, Ranch Dressing, Mandarin Oranges, Apple Juice, Shortbread Cookies</td>
</tr>
<tr>
<td><strong>Tuesday, August 18</strong></td>
<td>Strawberry Yogurt, Granola, Apple Juice, Fresh Orange</td>
<td>Turkey &amp; Cheese Hoagie, Mayo, Black Bean &amp; Corn Salad, BBQ Blend Juice, Ranch Dressing, Orange Tangerine Juice, Applesauce</td>
</tr>
<tr>
<td><strong>Wednesday, August 19</strong></td>
<td>Frosted Mini Wheat, Goldfish Grains, Mixed Berry Juice, Fresh Banana</td>
<td>Sun Butter Uncrustable Cheese Cubes, Broccoli Florets, Cherry Tomatoes with Ranch, Diced Pears, Orange Tangerine Juice, Goldfish</td>
</tr>
<tr>
<td><strong>Thursday, August 20</strong></td>
<td>Cinnamon Toast Crunch Pastry, Orange Tangerine Juice, Fresh Red Delicious Apple</td>
<td>Turkey Croissant Sandwich, Black Bean &amp; Corn Salad, BBQ Blend Juice, Pretzels, Fruit Cocktail, Mixed Berry Juice</td>
</tr>
<tr>
<td><strong>Friday, August 21</strong></td>
<td>Apple Cinnamon Cheerios, Goldfish Grains, Apple Juice, Fresh Pear</td>
<td>Turkey, Turkey Ham &amp; Cheese Hoagie, Carrot Sticks, Ranch Dressing, Chilled Peaches, Mixed Berry</td>
</tr>
</tbody>
</table>

**Breakfast: $1.75**

**Breakfast, Reduced: $0.30**

**Lunch: $2.95**

**Lunch, Reduced: $0.40**

Choice of Milk Served With Every Meal

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### Lunch Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, August 24</strong></td>
<td>Fruit Loops, Graham Crackers, Orange Tangerine Juice, Fresh Gala Apple</td>
<td>Cheese Sauce, Tostito Chips, Salsa, Celery Sticks w Ranch Dressing, Mandarin Oranges, Apple Juice</td>
</tr>
<tr>
<td><strong>Tuesday, August 25</strong></td>
<td>Strawberry Yogurt, Granola, Fresh Orange, Apple Juice, Milk</td>
<td>Turkey &amp; Cheese Hoagie, Mayo, Black Bean &amp; Corn Salad, BBQ Blend Juice, Orange Tangerine Juice, Applesauce</td>
</tr>
<tr>
<td><strong>Wednesday, August 26</strong></td>
<td>Frosted Flakes, Graham Crackers, Mixed Berry Fruit Juice, Fresh Banana, Milk</td>
<td>Sun Butter Uncrustable Cheese Cubes, Broccoli Florets, Cherry Tomatoes (6) w Ranch, Orange Tangerine Juice, Diced Pears, Goldfish</td>
</tr>
<tr>
<td><strong>Thursday, August 27</strong></td>
<td>Pop-Tarts(2-pack), Orange Tangerine Juice, Fresh Red Delicious Apple</td>
<td>Turkey Croissant Sandwich, Black Bean &amp; Corn Salad, BBQ Blend Juice, Fruit Cocktail, Mixed Berry Juice, Pretzels</td>
</tr>
<tr>
<td><strong>Friday, August 28</strong></td>
<td>Frosted Mini Wheats, Goldfish Grains, Apple Juice, Fresh Pear</td>
<td>Turkey, Turkey Ham &amp; Cheese Hoagie, Carrot Sticks, Ranch Dressing, Chilled Peaches, Mixed Berry</td>
</tr>
</tbody>
</table>

**Breakfast:**

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

**Lunch:**

- Turkey Croissant Sandwich
- Black Bean & Corn Salad
- BBQ Blend Juice
- Fruit Cocktail
- Mixed Berry Juice

*See Weekend Snack*

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### NUTRITION TO 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**

### High School

- Breakfast: $1.75
- Breakfast, Reduced: $0.30
- Lunch: $2.95
- Lunch, Reduced: $0.40

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