### AUGUST 2020 MIDDLE 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>Menu Items</th>
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</thead>
</table>
| Monday, Aug 17 | - Frosted Flakes  
                      - Graham Crackers  
                      - Orange Tangerine Fruit Juice  
                      - Fresh Gala Apple  
                      - Grilled Cheese  
                      - Carrot Sticks  
                      - Ranch Dressing  
                      - Mandarin Oranges  
                      - Apple Juice  
                      - Shortbread Cookies  |
| Tuesday, Aug 18 | - Strawberry Yogurt  
                      - Granola  
                      - Apple Juice  
                      - Fresh Orange  
                      - Turkey & Cheese Hoagie  
                      - Mayo  
                      - Black Bean & Corn Salad  
                      - VBlend Juice  
                      - Ranch Dressing  
                      - Orange Tangerine Juice  
                      - Applesauce  |
| Wednesday, Aug 19 | - Frosted Mini Wheat  
                      - Goldfish Grahams  
                      - Mixed Berry Juice  
                      - Fresh Banana  
                      - Sun Butter Uncrustable  
                      - Cheese Cubes  
                      - Broccoli Florets  
                      - Cherry Tomatoes with Ranch  
                      - Diced Pears  
                      - Orange Tangerine Juice  
                      - Goldfish  |
| Thursday, Aug 20 | - Cinnamon Toast Crunch  
                      - Pastry  
                      - Orange Tangerine Juice  
                      - Fresh Red Delicious Apple  
                      - Turkey Croissant Sandwich  
                      - Black Bean & Corn Salad  
                      - VBlend Juice  
                      - Pretzels  
                      - Fruit Cocktail  
                      - Mixed Berry Juice  |
| Friday, Aug 21 | - Apple Cinnamon Cheerios  
                      - Goldfish Grahams  
                      - Apple Juice  
                      - Fresh Pear  
                      - Turkey, Turkey Ham & Cheese Hoagie  
                      - Carrot Sticks  
                      - Ranch Dressing  
                      - Chilled Peaches  
                      - Mixed Berry  |

#### Lunch Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Items</th>
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</table>
| Monday, Aug 17 | - Cheese Sauce  
                      - Tostito Chips  
                      - Salsa  
                      - Celery Sticks w Ranch Dressing  
                      - Mandarin Oranges  
                      - Apple Juice  |
| Tuesday, Aug 18 | - Strawberry Yogurt  
                      - Granola  
                      - Fresh Orange  
                      - Apple Juice  
                      - Milk  
                      - Turkey & Cheese Hoagie  
                      - Mayo  
                      - Black Bean & Corn Salad  
                      - VBlend Juice  
                      - Orange Tangerine Juice  
                      - Applesauce  |
| Wednesday, Aug 19 | - Frosted Flakes  
                      - Graham Crackers  
                      - Fruit Juice  
                      - Fresh Gala Apple  
                      - Milk  
                      - Grilled Cheese  
                      - Carrot Sticks  
                      - Ranch Dressing  
                      - Mandarin Oranges  |
| Thursday, Aug 20 | - Pop-Tarts(2-pack)  
                      - Orange Tangerine Juice  
                      - Fresh Red Delicious Apple  
                      - Turkey Croissant Sandwich  
                      - Black Bean & Corn Salad  
                      - VBlend Juice  
                      - Fruit Cocktail  
                      - Mixed Berry Juice  
                      - Pretzels  |
| Friday, Aug 21 | - Frosted Mini Wheats  
                      - Goldfish Grahams  
                      - Apple Juice  
                      - Fresh Pear  
                      - Turkey, Turkey Ham & Cheese Hoagie  
                      - Carrot Sticks w Ranch  
                      - Chilled Peaches  
                      - Mixed Berry Juice  |

#### Choice of Milk Served With Every Meal

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

#### NUTRITION TIPS

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

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