

# Menus for May 2017

**Dawson County  
High School**

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

## 90 MINUTE RULE.

A hot shower before bed helps you sleep better. But there's a catch: make sure to shower ninety minutes before you plan to hit the hay. That way your body will have time to cool down and you'll be primed for the excellent, restful sleep we all need for good health!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

## Available Daily

**Whole grains are served daily.**  
**All meals include fruit and milk choice.**

**Daily breakfast choices include:**  
**Whole Wheat Honey Bun, Yogurt Parfait, Breakfast Pizza, or Cereal**  
**Daily lunch choices include:**  
**Baked or Grilled Chicken Salad Bar w/Baked Potato, Pizza, Soup & Deli Sandwiches**

**Monday, May 1**

### Breakfast

Chicken or Sausage Biscuit or French Toast

### Lunch

Beef Cheese Nachos or Chicken Cheese Nachos, Salsa/Peppers, Baked Potato, Garden Salad,

**Tuesday, May 2**

### Breakfast

Chicken or Sausage Biscuit, Dutch Waffle, Oatmeal or Blueberry Muffin

### Lunch

Asian Chicken or Spicy Meatballs, Rice, Broccoli, Steamed Carrots

**Wednesday, May 3**

### Breakfast

Chicken or Sausage Biscuit or French Toast

### Lunch

Chicken Sandwich or Meatball Sub Sandwich, Lettuce/Tomato, Baked Beans, Fries

**Thursday, May 4**

### Breakfast

Chicken or Sausage Biscuit, Mini Pancakes, Oatmeal or Blueberry Muffin

### Lunch

Corn Dog or Philly Cheese Steak Sandwich, Fries, Slaw, Peppers & Onions

**Friday, May 5**

### Breakfast

Chicken or Sausage Biscuit, French Toast or Bacon, Egg & Cheese Croissant

### Lunch

Fish Sticks or Chicken Nuggets, Macaroni & Cheese, Corn on the Cob, Slaw



### Locally Grown Produce:

**Apples, Cabbage, Carrots, Grapefruit, Green Beans, Green Peppers, Kale Greens, Oranges, Radishes, Sweet Potatoes, Strawberries, Tomatoes, Yellow Squash, & Zucchini Squash**

**We serve fresh fruits & vegetables!**

**Monday, May 8**

### Breakfast

Chicken or Sausage Biscuit or French Toast

### Lunch

Buffalo Chicken or Mozzarella Cheese Sticks, Breadstick, Baked Potato, Celery Sticks w/Dip

**Tuesday, May 9**

### Breakfast

Chicken or Sausage Biscuit, Dutch Waffle, Oatmeal or Blueberry Muffin

### Lunch

Beef Cheese Nachos or Chicken Cheese Nachos, Black Beans & Corn, Lettuce/Tomato, Salsa/Peppers

**Wednesday, May 10**

### Breakfast

Chicken or Sausage Biscuit or French Toast

### Lunch

BBQ Sandwich or Cheeseburger, Fries, Baked Beans, Lettuce/Tomato, Slaw

**Thursday, May 11**

### Breakfast

Chicken or Sausage Biscuit, Mini Pancakes, Oatmeal or Blueberry Muffin

### Lunch

Popcorn Chicken or Steak & Gravy, Mashed Potatoes, Mixed Vegetables, Roll

**Friday, May 12**

### Breakfast

Chicken or Sausage Biscuit, French Toast or Bacon, Egg & Cheese Croissant

### Lunch

Spaghetti & Meatballs w/Garlic Toast or Cheesy Breadsticks w/Marinara Sauce, Corn on the Cob, Garden Salad

### Dawson County Schools Summer Feeding Program

We're here to serve you and your family delicious summer lunches! Convenient, economical, healthy meals! Meals served at Dawson County Junior High School and Rock Creek Park.

**All Kids  
Eat Free!**

No paperwork necessary must be 18 or under

Adults:  
\$3.75 Lunch



**Monday - Friday, 11:30 am - 12:30 pm**

Please call 706-265-3246 for more info, or go to [www.dawsoncountyschools.org](http://www.dawsoncountyschools.org).

**DON'T GET!**

Take at least  
**ONE**  
**FRUIT** or  
**VEGGIE**

and at least  
**THREE** items total  
so your meal  
counts as a  
complete lunch!

*Hey kids!*

We're "shaking it up" in our dining rooms by focusing on providing you with tasty meals, friendly cafeterias, and happy schools! Look for our salt-free seasoning shaker blends available daily in the following flavors:

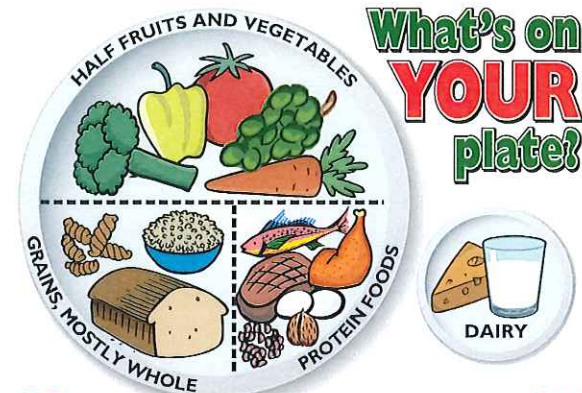
Cajun, Ranch, Buffalo, & Tex-Mex

**shake it up**  
IN SCHOOL NUTRITION

**NUTRITION TO GO**

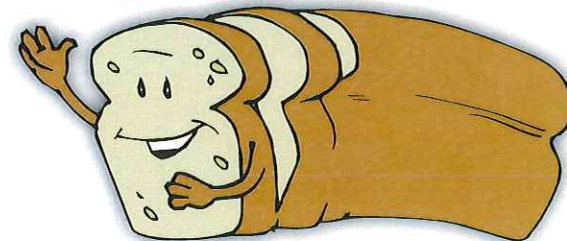
"Coleslaw" comes from a Dutch phrase ("kool sla") that means cabbage salad. Cabbage has been shown to help prevent certain types of cancer, and it's also loaded with vitamin C. Cabbage is easy to grow and tolerates cold very well. That's probably why it's featured in a lot of northern dishes, like sauerkraut.

**A TASTY MORSEL FOR PARENTS**



**What's on YOUR plate?**

**Always try to score 100%!**



The healthiest – and tastiest! – bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations – you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, May 15**

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Beef Cheese Nachos  
or  
Chicken Cheese Nachos,  
Salsa/Peppers,  
Baked Sweet Potato,  
Garden Salad

**Tuesday, May 16**

**Breakfast**

Chicken or Sausage Biscuit,  
Dutch Waffle, Oatmeal or  
Blueberry Muffin

**Lunch**

Chicken Sandwich  
or  
BBQ Sandwich,  
Lettuce/Tomato,  
Baked Beans,  
Fries

**Wednesday, May 17**

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Asian Chicken  
or  
Spicy Meatballs,  
Rice,  
Broccoli,  
Steamed Carrots

**Thursday, May 18**

**Breakfast**

Chicken or Sausage Biscuit,  
Mini Pancakes, Oatmeal or  
Blueberry Muffin

**Lunch**

Chili Cheese Dog  
or  
Philly Cheese Steak  
Sandwich,  
Fries,  
Slaw,  
Peppers & Onions

**Friday, May 19**

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast or Bacon,  
Egg & Cheese Croissant

**Lunch**

**SENIOR LUNCH!**

All other students:  
Beefy Cheese Nachos,  
Baked Potato,  
Slaw

**Monday, May 22**

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Buffalo Chicken  
or  
Mozzarella Cheese Sticks,  
Breadstick,  
Baked Potato,  
Celery Sticks w/Dip

**Tuesday, May 23**

**Breakfast**

Chicken or Sausage Biscuit,  
Dutch Waffle, Oatmeal or  
Blueberry Muffin

**Lunch**

Grilled Chicken Sandwich  
or  
Cheeseburger,  
Fries,  
Lettuce/Tomato,  
Slaw

**Wednesday, May 24**

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Philly Cheese Steak  
Sandwich  
or  
Chicken Cheese Nachos,  
Fries,  
Lettuce/Tomato,  
Salsa/Peppers

**Thursday, May 25**

**Breakfast**

Chicken or Sausage Biscuit,  
Mini Pancakes, Oatmeal or  
Blueberry Muffin

**Lunch**

Chicken Sandwich,  
Baked Chips,  
Lettuce/Tomato,  
Baked Beans

**Friday, May 26**

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast or Bacon,  
Egg & Cheese Croissant

**Lunch**

Cheesy Breadsticks  
w/Marinara Sauce  
or  
Pizza,  
Garden Salad,  
Corn



**Smile.**  
It's summertime.  
We'll see you next year. Enjoy!