

Menus for May 2017

Dawson County Elementary Schools

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!

Munchie Meals

Available Daily

*Mondays—Pizza Munchie Meal
Tuesdays—Chicken Tender Salad
Wednesdays—PB&J Munchie Meal
Thursdays—Yogurt Munchie Meal
Fridays—Chicken Tender Salad*

Monday, May 1

Breakfast
Mini Pancakes

Lunch
Spaghetti w/Meat Sauce
or
Grilled Chicken Sandwich,
Garlic Toast,
Baked Potato,
Garden Salad,
Fruit

Tuesday, May 2

Breakfast
Chicken Biscuit

Lunch
Macaroni & Cheese
or
Chicken Nuggets w/Roll,
Okra,
Steamed Broccoli,
Spiced Warm Apples,
Fruit

Wednesday, May 3

Breakfast
Dutch Waffle

Lunch
Hamburger
or
BBQ Sandwich,
Fries,
Baked Beans,
Slaw,
Pickles,
Fries

Thursday, May 4

Breakfast
Chicken Biscuit

Lunch
Mongolian Beef w/Rice
or
Mini Corn Dog,
Garden Salad,
Tater Tots,
Fruit

Friday, May 5

Breakfast
Sausage Biscuit

Lunch
Pizza
or
Chicken Quesadilla,
Corn,
Carrots w/Dip,
Fruit



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
Glazed Breakfast Bun

Lunch
Chili Cheese Fritos
or
Hot Dog,
Garden Salad,
Baked Potato,
Fruit

Tuesday, May 9

Breakfast
Chicken Biscuit

Lunch
Chicken Sandwich
or
Steak Sandwich,
Baked Beans,
Baked Chips,
Lettuce/Tomato/Pickles,
Fruit

Wednesday, May 10

Breakfast
Cinnamon Bun

Lunch
Corn Dog
or
Hamburger,
Tater Tots,
Slaw,
Fruit

Thursday, May 11

Breakfast
Chicken Biscuit

Lunch
Beef & Cheese Nachos
or
Popcorn Chicken w/Roll,
Garden Salad,
Broccoli,
Fruit

Friday, May 12

Breakfast
Pop Tart w/Cheese Stick or
Cereal Bar w/Cheese Stick

Lunch
Pizza
or
Boneless Hot Wings,
Garlic Toast,
Carrots w/Dip,
Seasoned Black Beans,
Fruit

Available Daily

**Breakfast includes a choice of
100% fruit juice or fruit, and milk.
Whole grains are served daily.
Lunch meals include a fruit
and choice of milk.
Milk choices include:
Fat free flavored, skim,
and 1% milk.**

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!

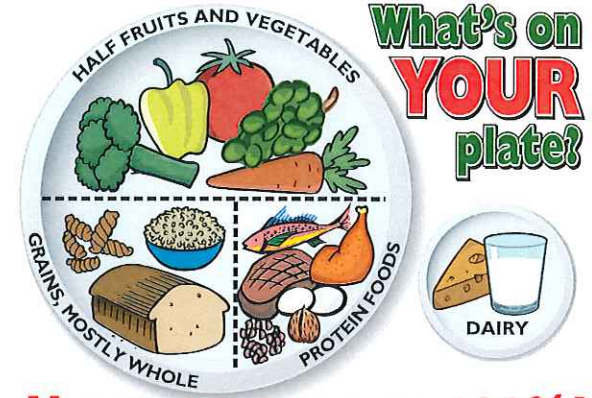
We're "shaking it up" in our dining rooms by focusing on providing you with tasty meals, friendly cafeterias, and happy schools! Look for our salt-free seasoning shaker blends available daily in the following flavors: Cajun, Ranch, Buffalo, & Tex-Mex

shake it up
IN SCHOOL NUTRITION

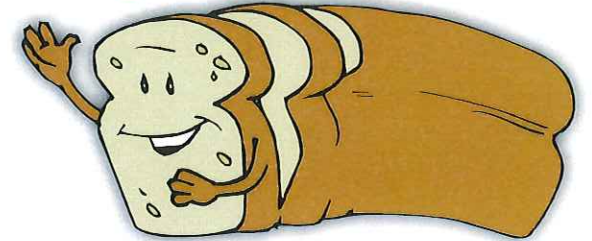
NUTRITION TO GO

"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



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 15

Breakfast
Gravy Biscuit

Lunch
Chicken Nuggets
or
Steak Nuggets,
Breadstick,
Creamed Potatoes,
Steamed Broccoli,
Fruit

Tuesday, May 16

Breakfast
Chicken Biscuit

Lunch
Hamburger
or
Hot Dog,
Baked Beans,
Fries,
Slaw,
Pickles,
Fruit

Wednesday, May 17

Breakfast
Blueberry Muffin

Lunch
Popcorn Chicken
w/Breadstick
or
BBQ Sandwich,
Sweet Potato Fries,
Garden Salad,
Fruit

Thursday, May 18

Breakfast
Chicken Biscuit

Lunch
Boneless Hot Wings
w/Garlic Toast
or
Spaghetti w/Meatballs,
Garden Salad,
Baked Potato,
Fruit

Friday, May 19

Breakfast
Sausage Biscuit

Lunch
Pizza
or
Burrito,
Carrots w/Dip,
Corn,
Fruit

Monday, May 22

Breakfast
Dutch Waffle

Lunch
Cheese Nachos
or
Beef Taco,
Lettuce/Tomato/Salsa,
Peppers/Onions,
Refried Beans,
Fruit

Tuesday, May 23

Breakfast
Chicken Biscuit

Lunch
Beef & Cheddar Sub
or
Chicken Sandwich,
Garden Salad,
Fries,
Celery w/Dip,
Fruit

Wednesday, May 24

Cook's Choice



Today's Special Selections
chosen especially for you
by our Cook!

Thursday, May 25

Cook's Choice



Today's Special Selections
chosen especially for you
by our Cook!

Friday, May 26

Breakfast
Manager's Choice

Lunch
Sack Lunch Day!

Turkey Sandwich
or
PB&J Sandwich,
Baked Chips,
Carrots w/Dip,
Cookie,
Fruit

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.