

Menus for May 2017

**Dawson County
Middle 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

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.

Monday, May 1

Breakfast

Chicken or Sausage Biscuit or Pancakes

Lunch

Boneless Buffalo Wings, Baked Potato, Carrots & Celery Sticks w/Dip, Breadstick
or
Beef or Turkey & Gravy, Mashed Potatoes or Baked Sweet Potato, Green Beans, Breadstick

Tuesday, May 2

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Grilled Chicken Sandwich, Lettuce/Tomato/Pickles, Tater Tots, Broccoli
or
Taco, Lettuce/Tomato/Cheese, Salsa/Sour Cream/Peppers, Refried Beans

Wednesday, May 3

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Cheeseburger Sliders, Lettuce/Tomato, Pickles/Onions, Baked Beans, Fries
or
Hot Dot, Slaw, Baked Beans, Fries

Thursday, May 4

Breakfast

Chicken or Sausage Biscuit or Pancakes

Lunch

Cheesy Breadsticks w/Marinara Sauce, Corn, Garden Salad
or
Spaghetti, Garlic Bread, Corn, Garden Salad

Friday, May 5

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Chicken Sandwich (Regular or Spicy), Lettuce/Tomatoes/Pickles, Fries
or
Beef or Chicken Nachos, Black Beans, Salsa/Peppers, Broccoli



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 Pancakes

Lunch

Asian Chicken, Rice, Oriental Vegetables, Steamed Carrots
or
Chili Cheese Fries or Fritos, Steamed Carrots, Garden Salad, Breadstick

Tuesday, May 9

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Mini Corn Dogs, Fries, Slaw, Baked Beans
or
French Dip Sub, Chips, Slaw, Corn

Wednesday, May 10

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Hamburger w/Cheese, Lettuce/Tomato, Pickles/Onion, Fries
or
BBQ Chicken Sandwich, Slaw, Baked Beans, Fries

Thursday, May 11

Breakfast

Chicken or Sausage Biscuit or Pancakes

Lunch

Spicy Chicken Wrap, Baked Beans, Fries, Lettuce/Tomato/Pickles
or
Philly Cheese Steak Sandwich, Broccoli, Baked Beans, Fries

Friday, May 12

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Pizza, Corn, Garden Salad
or
Cheesy Breadsticks, Corn, 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.

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!

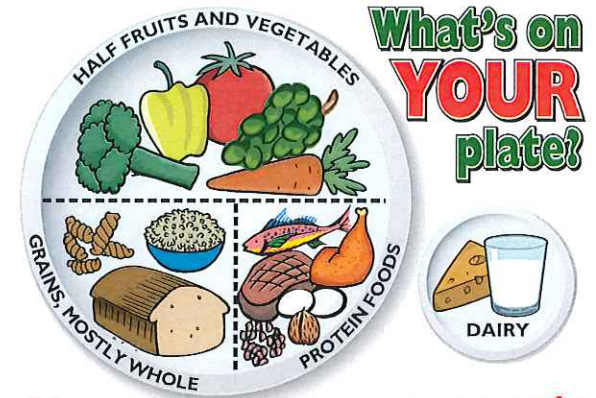
We're "shaking it up" in our dining rooms by focusing on providing you with tasty meals, friendly cafeterias, and happy schools! Look for our salt-free seasoning shaker blends available daily in the following flavors: Cajun, Ranch, Buffalo, & Tex-Mex

shake it up
IN SCHOOL NUTRITION

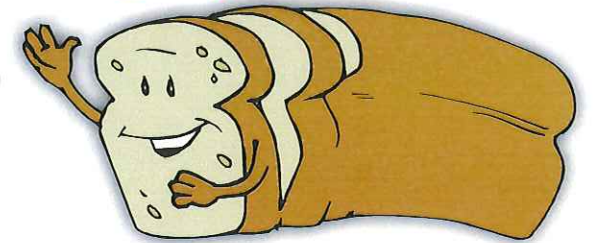
NUTRITION TO GO

"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

Chicken or Sausage Biscuit or Pancakes

Lunch

Chicken Nuggets, Mashed Potatoes or Baked Sweet Potato, Steamed Squash, Roll
or
Steak & Gravy, Mashed Potatoes or Baked Sweet Potato, Steamed Squash, Roll

Tuesday, May 16

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Chicken Sandwich, Lettuce/Tomato/Pickles, Baked Beans, Fries
or
Beef or Chicken Nachos, Broccoli, Refried Beans, Salsa/Peppers

Wednesday, May 17

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

BBQ Sandwich, Tater Tots, Slaw/Pickles, Baked Beans
or
Chili, Baked Potato, Garden Salad, Breadstick

Thursday, May 18

Breakfast

Chicken or Sausage Biscuit or Pancakes

Lunch

Hamburger w/Cheese, Lettuce/Tomato, Pickles/Onions, Baked Beans, Fries
or
Hot Dog, Slaw, Baked Beans, Fries

Friday, May 19

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Chicken Parmesan, Corn, Garden Salad, Garlic Bread
or
Chicken Alfredo, Corn, Garden Salad, Garlic Bread

Monday, May 22

Breakfast

Chicken or Sausage Biscuit or Pancakes

Lunch

Popcorn Chicken, Mashed Potatoes or Baked Sweet Potato, Green Beans, Roll
or
Beef & Gravy, Mashed Potatoes or Baked Sweet Potato, Green Beans, Roll

Tuesday, May 23

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Beef or Chicken Nachos, Pinto Beans, Broccoli, Salsa/Peppers
or
Beef Enchilada, Pinto Beans, Broccoli, Salsa/Peppers

Wednesday, May 24

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Meatball Sub Sandwich, Corn, Garden Salad
or
Spaghetti, Corn, Garden Salad, Garlic Bread

Thursday, May 25

Cook's Choice



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

Friday, May 26

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Pizza, Corn, Garden Salad

