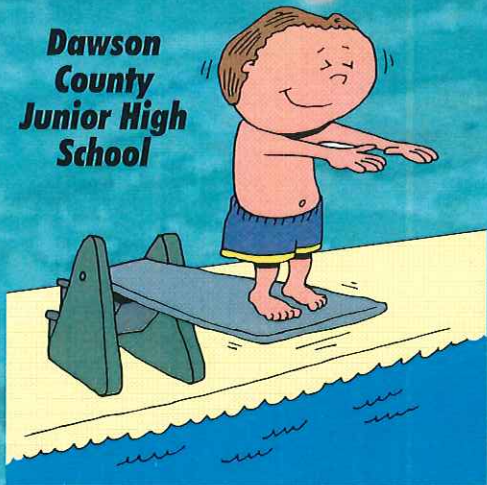


Dawson  
County  
Junior High  
School



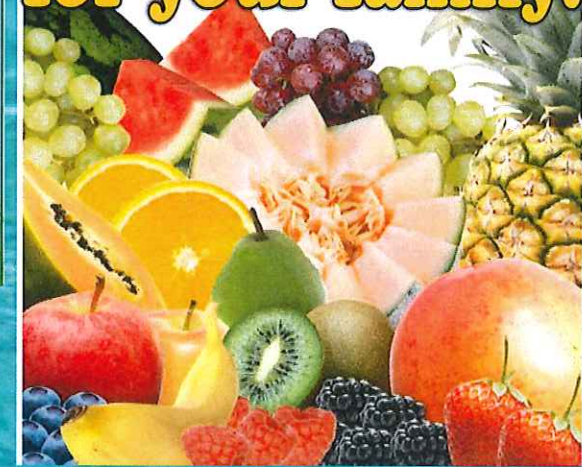
# Menus for August 2019

## AVAILABLE DAILY

**Daily breakfast choices include:**  
Yogurt Cup w/Pop Tart,  
Honey Bun or Cereal  
Breakfast includes a choice of  
100% fruit juice or fruit, and milk.

**Daily lunch choices include:**  
Pizza w/Daily Veggies, or  
Pre-plated Salad or Sandwich  
(Turkey, Ham or PB&J) w/Salad Toppings  
Lunch meals include a fruit and a choice of milk.

# Fruitful for your family.



Our meals are fantastic for your family in more ways than one. First, we're there for you every day, so you don't have to worry. Plus, our prices are the best you'll find for a full, balanced meal. We also meet healthy standards that are unheard of in most meals. And, oh yeah, we offer fruit and veggies with every meal we serve every single day! Have a great year, and please join us often!

## GET IN THE SWIM.

Spending a few hours or a day at a pool or on the beach is what summer is all about! It's fun, relaxing, and great exercise – a triple benefit for anyone's wellness! So have fun around the water this summer, but please wear sunscreen and **BE SAFE**. Whether you're swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don't ever swim alone.



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

Friday, August 2

### Breakfast

Chicken or Sausage Biscuit or  
Sausage, Egg & Cheese Biscuit  
or Pancakes

### Lunch

Chicken Sandwich  
or  
Hamburger w/Cheese,  
Fries,  
Lettuce/Tomato,  
Pickles/Onions,  
Baked Beans

Monday, August 5

### Breakfast

Chicken or Sausage Biscuit  
or Breakfast Pizza  
or Pancakes

### Lunch

Boom Boom Chicken,  
Rice,  
Sweet Potato Fries,  
Steamed Broccoli  
or  
Meatball Sub Sandwich,  
Fries,  
Steamed Broccoli

Tuesday, August 6

### Breakfast

Chicken or Sausage Biscuit  
or French Toast

### Lunch

Beef Nachos,  
Refried Beans, Corn,  
Lettuce/Tomato,  
Salsa/Sour Cream,  
or  
Hot Ham & Cheese Croissant,  
Fries,  
Baked Beans,  
Slaw

Wednesday, August 7

### Breakfast

Chicken or Sausage Biscuit or  
Bacon, Egg & Cheese Biscuit  
or Dutch Waffle

### Lunch

Boneless Chicken Wings,  
Garlic Bread,  
Mashed Potatoes,  
Carrots w/Dip  
or  
Philly Cheesesteak Sandwich,  
Peppers & Onions,  
Fries, Carrots w/Dip

Thursday, August 8

### Breakfast

Chicken or Sausage Biscuit  
or French Toast

### Lunch

Chicken Alfredo,  
Garlic Bread,  
Garden Salad,  
Steamed Carrots  
or  
Chili Cheese Fritos,  
Baked Potato,  
Steamed Carrots

Friday, August 9

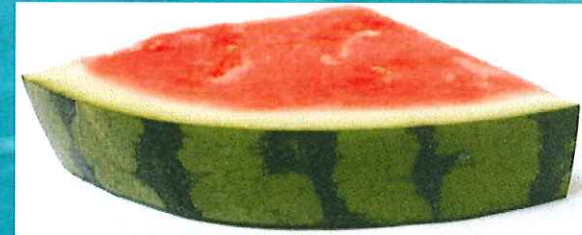
### Breakfast

Chicken or Sausage Biscuit or  
Sausage, Egg & Cheese Biscuit  
or Pancakes

### Lunch

Hamburger w/Cheese,  
Fries, Slaw,  
Lettuce/Tomato,  
Pickles/Onions  
or  
Fish Sticks,  
Hushpuppies,  
Fries, Slaw

**Breakfast**      **Lunch**  
**\$1.50**      **\$2.65**



Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
706-265-3246 or [lbyrd@dawson.k12.ga.us](mailto:lbyrd@dawson.k12.ga.us)



Monday, August 12

**Breakfast**

Chicken or Sausage Biscuit  
or Breakfast Pizza  
or Pancakes

**Lunch**

Chicken Sandwich  
or  
BBQ Sandwich,  
Lettuce/Tomato/Pickles,  
Slaw,  
Carrots w/Dip,  
Baked Beans,  
Baked Chips

Tuesday, August 13

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Chicken Tenders &  
Waffles w/Syrup  
or  
Steak or Chicken Tenders  
w/Roll,  
Peppered Gravy,  
Mashed Potatoes,  
Steamed Broccoli,  
Garden Salad

Wednesday, August 14

**Breakfast**

Chicken or Sausage Biscuit or  
Bacon, Egg & Cheese Biscuit  
or Dutch Waffle

**Lunch**

Corn Dog,  
Tater Tots, Baked Beans,  
Celery Sticks w/Dip  
or  
Chili w/Grilled Cheese  
Sandwich,  
Baked Potato,  
Celery Sticks w/Dip

Thursday, August 15

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Hamburger w/Cheese,  
Lettuce/Tomato,  
Pickles/Onions,  
Baked Beans, Wedge Fries  
or  
Mandarin Orange Popcorn  
Chicken, Brown Rice,  
Green Beans,  
Honey Carrots

Friday, August 16

**Breakfast**

Chicken or Sausage Biscuit or  
Sausage, Egg & Cheese Biscuit  
or Pancakes

**Lunch**

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

# NUTRITION TO GO

The word "fajita" (pronounced "fa-he-ta") refers to a type of taco made with grilled meat. Originally, these tacos were made with a cut of beef we call skirt steak, which is known in Northern Mexico as "faja," (which means "belt" or "sash" in English). The first commercial fajita taco stand opened in Texas in 1969.

**A QUICK BITE FOR PARENTS**

Monday, August 19

**Breakfast**

Chicken or Sausage Biscuit  
or Breakfast Pizza  
or Pancakes

**Lunch**

Chicken & Rice Bowl  
w/Queso, Pico de Gallo,  
Chips & Salsa,  
Black Beans, Corn  
or  
Meatball Sub Sandwich  
w/Marinara Sauce,  
Fries, Corn

Tuesday, August 20

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Boneless Chicken Wings  
or  
BBQ Plate,  
Garlic Bread,  
Macaroni & Cheese,  
Baked Potato or  
Baked Sweet Potato,  
Slaw

Wednesday, August 21

**Breakfast**

Chicken or Sausage Biscuit or  
Bacon, Egg & Cheese Biscuit  
or Dutch Waffle

**Lunch**

Boom Boom Chicken,  
Rice, Green Beans,  
Sweet Potato Fries  
or  
Lasagna,  
Garlic Bread,  
Garden Salad,  
Green Beans

Thursday, August 22

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Chili Cheese Fries,  
Breadstick,  
Broccoli, Corn  
or  
Hamburger w/Cheese,  
Fries,  
Lettuce/Tomato,  
Pickles/Onions,  
Corn

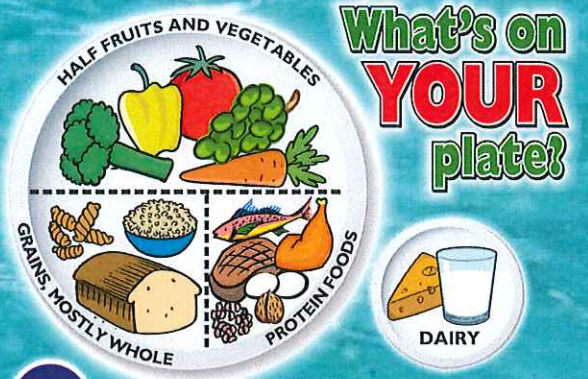
Friday, August 23

**Breakfast**

Chicken or Sausage Biscuit or  
Sausage, Egg & Cheese Biscuit  
or Pancakes

**Lunch**

Beef & Bean Burrito w/Queso,  
Chips & Salsa, Corn,  
Lettuce/Tomato/Jalapeños,  
Sour Cream  
or  
Chili Cheese Dog,  
Baked Chips, Baked Beans,  
Carrots & Celery Sticks w/Dip



**Q:** What kind of magic does it take to get PRUNES to grow on a PLUM tree?

**A:** To be honest, there's absolutely no magic involved at all! Prunes are actually just dried plums, so every plum tree grows plums AND prunes!



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, August 26

**Breakfast**

Chicken or Sausage Biscuit  
or Breakfast Pizza  
or Pancakes

**Lunch**

Chicken Tenders &  
Waffles w/Syrup  
or  
Steak w/Roll,  
Peppered Gravy,  
Mashed Potatoes,  
Steamed Carrots

Tuesday, August 27

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Chicken Fajita or Beef Taco  
w/Queso, Corn,  
Refried Beans,  
Lettuce/Tomato/Onions  
or  
Spaghetti w/Meat Sauce,  
Garlic Bread,  
Garden Salad,  
Honey Carrots

Wednesday, August 28

**Breakfast**

Chicken or Sausage Biscuit or  
Bacon, Egg & Cheese Biscuit  
or Dutch Waffle

**Lunch**

Hamburger w/Cheese,  
Tater Tots,  
Lettuce/Tomato/Pickles/Onions,  
Baked Beans, Slaw  
or  
Hot Ham & Cheese Croissant,  
Tater Tots,  
Baked Beans, Slaw

Thursday, August 29

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Cheesy Breadsticks  
w/Marinara Sauce,  
Baked Potato,  
Garden Salad  
or  
Chicken Philly Sandwich,  
Peppers & Onions,  
Fries,  
Garden Salad

Friday, August 30

**Breakfast**

Chicken or Sausage Biscuit or  
Sausage, Egg & Cheese Biscuit  
or Pancakes

**Lunch**

Chicken Sandwich,  
Baked Chips,  
Lettuce/Tomato/Pickles,  
Broccoli, Carrots w/Dip  
or  
Meatball Sub Sandwich,  
Baked Chips,  
Broccoli, Carrots w/Dip