

# Menus for February 2024

**Dawson  
County High  
School**



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

**Monday, February 5**

## Breakfast

Chicken or Sausage Biscuit  
or French Toast

## Lunch

Chicken Sandwich  
or  
Meatball Sub Sandwich,  
Tater Tots,  
Lettuce/Tomato,  
Carrots w/Dip

**Tuesday, February 6**

## Breakfast

Chicken Biscuit  
or Breakfast Pizza

## Lunch

Queso Beef Nachos  
or  
Queso Chicken Nachos,  
Spanish Rice,  
Refried Beans,  
Street Corn,  
Salsa/Peppers

**Wednesday, February 7**

## Breakfast

Chicken or Sausage Biscuit  
or Pancake Bites

## Lunch

Chili Cheese Dog  
or  
Hot Ham & Cheese  
Croissant,  
Fries,  
Celery Sticks w/Dip,  
Slaw

**Thursday, February 8**

## Breakfast

Chicken Biscuit  
or French Toast

## Lunch

Spaghetti w/Garlic Bread  
or  
Chicken Noodle Soup  
w/Grilled Cheese,  
Corn,  
Garden Salad

**Friday, February 9**

## Breakfast

Chicken or Sausage Biscuit  
or Pancake Bites

## Lunch

Hamburger Casserole  
or  
Chicken Alfredo,  
Roll,  
Broccoli,  
Baked Sweet Potato

**Thursday, February 1**

## Breakfast

Chicken Biscuit  
or French Toast

## Lunch

BBQ Tacos  
or  
Mini Corn Dogs,  
Macaroni & Cheese,  
Baked Sweet Potato,  
Slaw

**Friday, February 2**

## Breakfast

Chicken or Sausage Biscuit  
or Pancake Bites

## Lunch

Chicken Alfredo  
or  
Baked Spaghetti,  
Garlic Bread,  
Carrots w/Dip,  
Broccoli

# TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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



# BREAKFAST @SCHOOL

**For first-class learning!**

Featuring Healthy  
Fruits & Grains!



**Daily breakfast choices include:**  
Honey Bun, Cereal, or Yogurt Smoothie

**Daily lunch choices include:**  
Pizza w/Choice of Vegetable or  
Side Salad, Pre-plated PB&J or  
Chicken Wrap Boxes, and Salad Bar

Lunch and breakfast meals  
include a fruit or fruit juice,  
and a choice of milk.

# We're still a bargain!

**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 [rgilleland@dawson.k12.ga.us](mailto:rgilleland@dawson.k12.ga.us)



Every complete meal  
we serve comes with  
your choice of milk!

**Monday, February 12**

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Oriental Chicken  
or  
Country Fried Steak,  
Steamed Rice,  
Honey Glazed Carrots,  
Green Beans

**Tuesday, February 13**

**Breakfast**

Chicken Biscuit  
or Breakfast Pizza

**Lunch**

BBQ Sandwich  
or  
Sloppy Joe,  
Fries,  
Slaw

**Wed., February 14**

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Corn Dog  
or  
Cheeseburger,  
Sweet Potato Fries,  
Lettuce/Tomato,  
Baked Beans

**Thursday, February 15**

**Breakfast**

Chicken Biscuit  
or French Toast

**Lunch**

Cheesy Breadsticks  
w/Marinara Sauce  
or  
Chili w/Grilled Cheese  
Sandwich,  
Baked Sweet Potato,  
Celery Sticks w/Dip,  
Broccoli

**Friday, February 16**

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Beef Tacos  
or  
Chicken Wings,  
Spanish Rice,  
Corn,  
Refried Beans,  
Lettuce/Tomato,  
Salsa/Peppers



*Swans are one of the few animals that will mate for life!*

*Happy Valentine's Day!*

**Monday, February 19**



**NO SCHOOL  
TODAY**

**Tuesday, February 20**



**No  
School  
Today**

**Wed., February 21**

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Fish Sticks  
or  
BBQ Plate,  
Macaroni & Cheese,  
Slaw,  
Baked Beans,  
Honey Roasted Carrots

**Thursday, February 22**

**Breakfast**

Chicken Biscuit  
or French Toast

**Lunch**

Chicken Tenders  
w/Roll or Waffles,  
Mashed Potatoes,  
Collard Greens

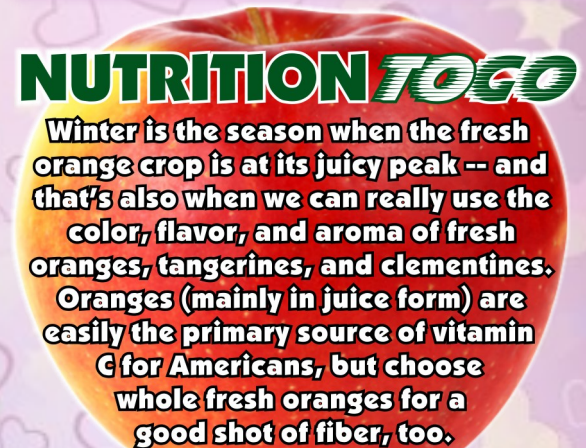
**Friday, February 23**

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

Chicken Sandwich,  
Fries,  
Lettuce/Tomato  
or  
Chili Cheese Fries,  
Roll,  
Carrots w/Dip,  
Garden Salad



**A QUICK BITE FOR PARENTS**

**Monday, February 26**

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Boneless Buffalo Chicken  
or  
Country Fried Steak,  
Roll,  
Green Peas,  
Mashed Potatoes,  
Slaw

**Tuesday, February 27**

**Breakfast**

Chicken Biscuit  
or Breakfast Pizza

**Lunch**

Chili Mac  
or  
Chicken Alfredo,  
Breadstick,  
Broccoli,  
Honey Glazed Carrots

**Wed., February 28**

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Bites

**Lunch**

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

**Thursday, February 29**

**Breakfast**

Chicken Biscuit  
or French Toast

**Lunch**

Queso Beef Nachos  
or  
Queso Chicken Nachos,  
Spanish Rice,  
Refried Beans,  
Street Corn,  
Salsa/Peppers

**Flu Powder?**

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



**1 Wash your hands frequently.**



**2 Cover up when you sneeze or cough.**



**3 If you do get sick, stay home.**