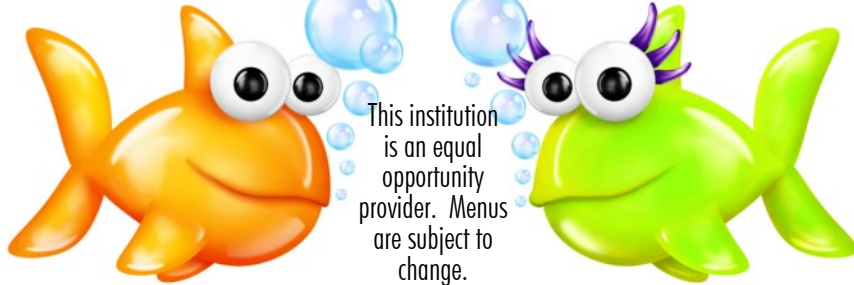


Menus for February 2024

Dawson County Junior 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!



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



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



NUTRITION TO GO

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

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.