

Menus for February 2024

Dawson County Middle School



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

Monday, February 5

Breakfast

Sausage Biscuit or Cereal w/Toast

Lunch

Chicken Sandwich or Meatball Sub Sandwich, Tater Tots, Green Beans, Fruit

Tuesday, February 6

Breakfast

Chicken Biscuit or Cereal w/Toast

Lunch

Queso Beef Nachos or Chicken Tacos, Lettuce/Tomato Cup, Refried Beans w/Queso, Broccoli, Fruit

Wednesday, February 7

Breakfast

Sausage Biscuit or Breakfast Pizza or Cereal w/Pop Tart

Lunch

Hamburger w/Cheese or Hot Dot, Sweet Potato Fries, Baked Beans, Fruit

Thursday, February 8

Breakfast

French Toast Sticks or Biscuit w/Gravy

Lunch

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

Friday, February 9

Breakfast

Chicken Biscuit or Honey Bun or Cereal w/Toast

Lunch

Pizza or PB&J Sandwich, Carrots & Celery Sticks w/Dip, Fries, fruit

Thursday, February 1

Breakfast

French Toast Sticks or Biscuit w/Gravy

Lunch

BBQ Sandwich or Macaroni & Cheese, Okra, Steamed Carrots, Fruit

Friday, February 2

Breakfast

Chicken Biscuit or Honey Bun or Cereal w/Toast

Lunch

Pizza or Yogurt Basket, Corn, Carrots & Celery Sticks w/Dip, Fruit

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!

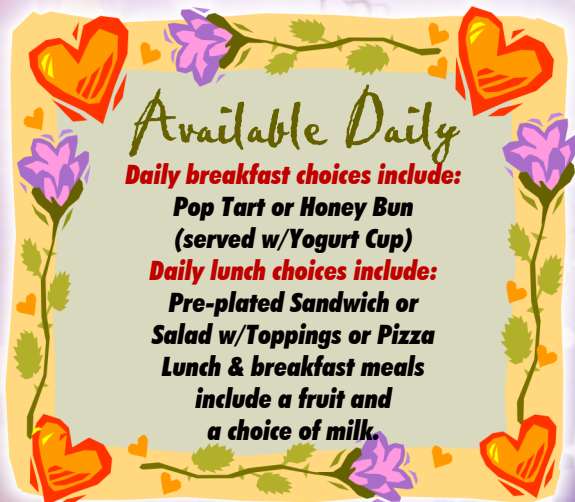
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. **WELLNESS IS A WAY OF LIFE!**



BREAKFAST @SCHOOL

For first-class learning!

Featuring Healthy Fruits & Grains!



Available Daily

Daily breakfast choices include:

Pop Tart or Honey Bun (served w/Yogurt Cup)

Daily lunch choices include:

Pre-plated Sandwich or Salad w/Toppings or Pizza

Lunch & breakfast meals include a fruit 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



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

Monday, February 12

Breakfast

Sausage Biscuit or
Cereal w/Toast

Lunch

Chicken Tenders
or
Country Fried Steak,
Roll,
Mashed Potatoes,
Green Beans,
Fruit

Tuesday, February 13

Breakfast

Chicken Biscuit or
Cereal w/Toast

Lunch

Sloppy Joe
or
Hot Dog,
Corn,
Baked Beans,
Fruit

Wed., February 14

Breakfast

Sausage Biscuit or Breakfast
Pizza or Cereal w/Pop Tart

Lunch

Corn Dog
or
Fish Sticks,
Sweet Potato Fries,
Slaw,
Fruit

Thursday, February 15

Breakfast

French Toast Sticks or
Biscuit w/Gravy

Lunch

Cheesy Breadsticks
w/Marinara Sauce
or
Chili w/Grilled Cheese
Sandwich,
Baked Potato,
Broccoli,
Fruit

Friday, February 16

Breakfast

Chicken Biscuit or Honey Bun
or Cereal w/Toast

Lunch

Pizza
or
Yogurt Basket,
Fries,
Carrots w/Dip,
Fruit



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

Sausage Biscuit or Breakfast
Pizza or Cereal w/Pop Tart

Lunch

Popcorn Chicken
or
BBQ Plate,
Macaroni & Cheese,
Slaw,
Baked Beans,
Fruit

Thursday, February 22

Breakfast

French Toast Sticks or
Biscuit w/Gravy

Lunch

Breakfast for Lunch!

Chicken Biscuit
or
Sausage Biscuit,
Cheesy Eggs,
Morning Potatoes,
Sliced Tomatoes,
Gravy, Fruit

Friday, February 23

Breakfast

Chicken Biscuit or Honey Bun
or Cereal w/Toast

Lunch

Pizza
or
Yogurt Basket,
Corn,
Garden Salad,
Fruit

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

Sausage Biscuit or
Cereal w/Toast

Lunch

Buffalo Chicken
or
Asian Tacos,
Green Peas,
Mashed Potatoes,
Fruit

Tuesday, February 27

Breakfast

Chicken Biscuit or
Cereal w/Toast

Lunch

Chili Mac
or
Chicken Alfredo
w/Garlic Breadstick,
Broccoli,
Honey Glazed Carrots,
Fruit

Wed., February 28

Breakfast

Sausage Biscuit or Breakfast
Pizza or Cereal w/Pop Tart

Lunch

Hamburger w/Cheese
or
Hot Ham & Cheese
Sandwich,
Baked Beans,
Fries,
Fruit

Thursday, February 29

Breakfast

French Toast Sticks or
Biscuit w/Gravy

Lunch

Walking Tacos,
(Chicken or Beef),
Garden Salad,
Queso Corn & Black Beans,
Fruit

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.