

MENUS FOR SEPTEMBER 2019

Dawson County High School



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

AVAILABLE DAILY

All meals include a fruit and milk choice.

Daily breakfast choices include:

Whole Grain Honey Bun or Homemade Muffin w/Cheese Stick, Breakfast Pizza, Yogurt Parfait, Yogurt Cup w/Granola, or Cereal

Daily lunch choices include:

Pre-plated Salad, Pre-plated Turkey, Ham or PB&J Sandwich, or Pizza w/Side Salad

All offered with: Baked Potato, Soup, and Salad Toppings

SEPTEMBER
Apples



GEORGIA HARVEST OF THE MONTH!

Monday, September 2



Tuesday, September 3

Breakfast

Chicken, Sausage or Gravy Biscuit or French Toast

Lunch

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

Wed., September 4

Breakfast

Chicken, Sausage or Gravy Biscuit, or Pancake on a Stick

Lunch

Chili Cheese Dog, Tater Tots, Slaw, Broccoli w/Dip or Lasagna, Garlic Toast, Broccoli, Garden Salad

Thursday, September 5

Breakfast

Chicken, Sausage or Gravy Biscuit or Pancakes or Bacon, Egg & Cheese Croissant

Lunch

Cheeseburger, Lettuce/Tomato/Pickles/Onions, Baked Beans, Sweet Potato Fries or Meatball Sub Sandwich w/Marinara Sauce, Cucumbers w/Dip, Sweet Potato Fries

Friday, September 6

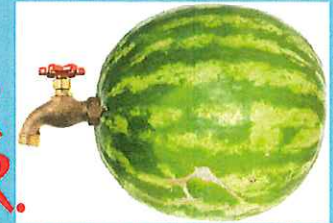
Breakfast

Chicken, Sausage or Gravy Biscuit or French Toast

Lunch

Boom Boom Popcorn Chicken, Breadstick, Roasted Cauliflower, Baked Sweet Potato or Beef Queso Nachos, Mexican Rice, Salsa/Peppers, Refried Beans, Baked Sweet Potato

EAT YOUR WATER.



Your go-to choice for hydration should be good old H₂O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

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

Monday, September 9

Breakfast

Chicken, Sausage or Gravy Biscuit or Pancakes

Lunch

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

Tuesday, September 10

Breakfast

Chicken, Sausage or Gravy Biscuit or French Toast

Lunch

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

Wed., September 11

Breakfast

Chicken, Sausage or Gravy Biscuit, or Pancake on a Stick

Lunch

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

Thursday, September 12

Breakfast

Chicken, Sausage or Gravy Biscuit or Pancakes or Bacon, Egg & Cheese Croissant

Lunch

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

Friday, September 13

Breakfast

Chicken, Sausage or Gravy Biscuit or French Toast

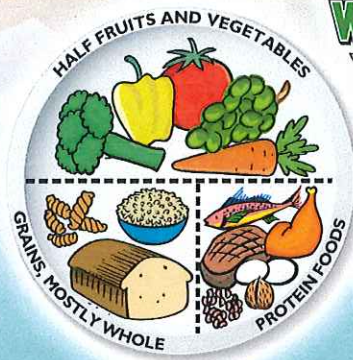
Lunch

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

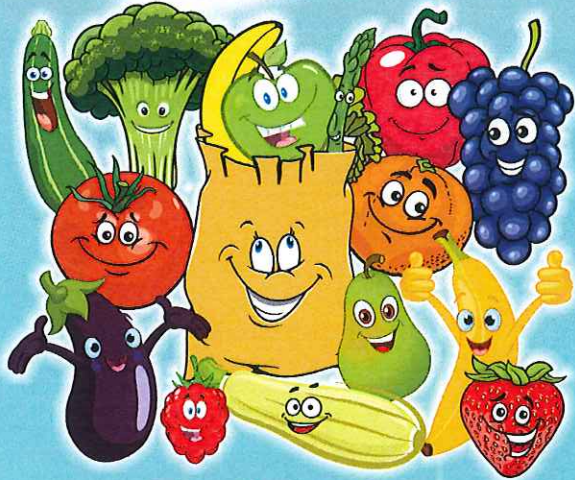
Remembering our Heroes on September 11, and showing our support for them

all year round.





What's on
YOUR
plate?



Try to eat a
RAINBOW
of different colors!



Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, September 16

Breakfast

Chicken, Sausage or Gravy
Biscuit or Pancakes

Lunch

Popcorn Chicken,
Macaroni & Cheese,
Baked Sweet Potato,
Mixed Vegetables
or
Cheeseburger,
Lettuce/Tomato/Pickles/Onions,
Baked Beans,
Sweet Potato Fries

Tuesday, September 17

Breakfast

Chicken, Sausage or Gravy
Biscuit or French Toast

Lunch

Philly Cheese Steak Sandwich,
Peppers & Onions,
Tater Tots,
Broccoli Slaw
or
Beef Queso Nachos,
Tater Tots,
Salsa/Peppers,
Broccoli Slaw

Wed., September 18

Breakfast

Chicken, Sausage or Gravy
Biscuit, or Pancake on a Stick

Lunch

BBQ Sandwich
or
Cheeseburger,
Wedge Fries,
Lettuce/Tomato,
Pickles/Onions,
Slaw,
Baked Beans

Thursday, September 19

Breakfast

Chicken, Sausage or Gravy
Biscuit or Pancakes or
Bacon, Egg & Cheese Croissant

Lunch

Chicken Sandwich,
Lettuce/Tomato,
Baked Beans,
Fries
or
Beef or Chicken Taco Salad,
Taco Fixings,
Steamed Corn

Friday, September 20



**No
School
Today**



**Fall
Break
No School**

Break begins at
the end of classes:
Thursday, Sept. 19

Classes Resume:
Wednesday, Sept. 25

Wed., September 25

Breakfast

Chicken, Sausage or Gravy
Biscuit, or Pancake on a Stick

Lunch

Ham & Cheese Sliders (2)
or
BBQ Sandwich,
Slaw,
Baked Beans,
Broccoli,
Baked Chips

Thursday, September 26

Breakfast

Chicken, Sausage or Gravy
Biscuit or Pancakes or
Bacon, Egg & Cheese Croissant

Lunch

Chili Cheese Fritos,
Baked Potato, Carrots w/Dip,
Garden Salad
or
Turkey & Ham Club Hoagie,
Baked Chips, Baked Beans,
Carrots w/Dip,
Lettuce/Tomato/Olives/Peppers

Friday, September 27

Breakfast

Chicken, Sausage or Gravy
Biscuit or French Toast

Lunch

Fish Taco,
Sriracha Slaw,
Lettuce/Tomato/Pico Salsa,
Hot Corn Casserole
or
Steak & Gravy,
Creamed Potatoes,
Green Beans,
Fried Okra, Roll

Monday, September 30

Breakfast

Chicken, Sausage or Gravy
Biscuit or Pancakes

Lunch

Cheeseburger,
Fries, Baked Beans,
Lettuce/Tomato/Pickles/Onions
or
Buffalo Chicken Chunks,
Breadstick,
Mashed Potatoes,
Blackeye Peas,
Celery Sticks w/Dip

NUTRITION TO GO

The most important variable for healthy weight is how many calories you take in on an average day. If you take in more than you burn, you'll bank those extra calories as added weight. Try this cool experiment with your whole family: count the calories in everything you eat and drink for one day - you might be surprised at the total.

A QUICK BITE FOR PARENTS

**The original value meal
& still a fantastic deal!**

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