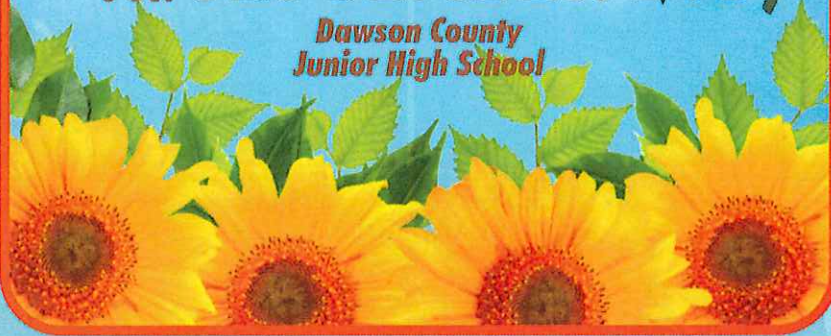


MENUS FOR SEPTEMBER 2019

Dawson County
Junior High School



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

AVAILABLE DAILY

Daily breakfast choices include:
Pop Tart, Honey Bun or Cinnamon Roll
(all with Yogurt Cup)
or Cereal or Yogurt Parfait
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.

SEPTEMBER
Apples



GEORGIA HARVEST OF THE MONTH!

Monday, September 2



Tuesday, September 3

Breakfast
Chicken or Sausage Biscuit
or French Toast

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

Wed., September 4

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

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

Thursday, September 5

Breakfast
Chicken or Sausage Biscuit
or French Toast

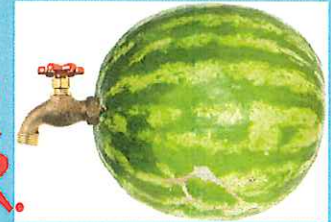
Lunch
Chili Cheese Fritos,
Fries, Garden Salad,
Fried Okra,
Steamed Broccoli
or
Spaghetti & Meatballs,
Garlic Bread,
Garden Salad,
Fried Okra, Steamed Broccoli

Friday, September 6

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,
Macaroni & Cheese,
Baked Sweet Potato,
Slaw

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 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,
Sidekick

Tuesday, September 10

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

Wed., September 11

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

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

Thursday, September 12

Breakfast
Chicken or Sausage Biscuit
or French Toast

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

Friday, September 13

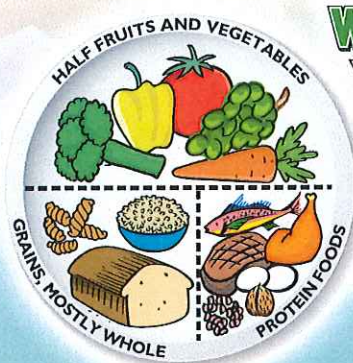
Breakfast
Chicken or Sausage Biscuit or
Sausage, Egg & Cheese Biscuit
or Pancakes

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

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

all year
round.

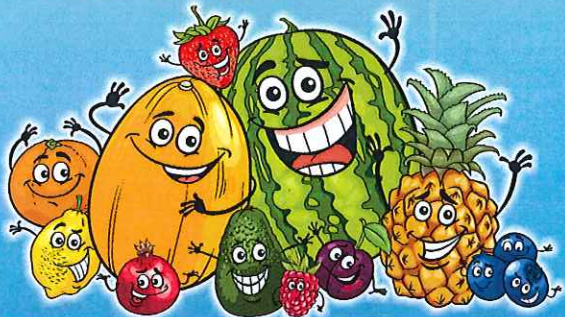




What's on YOUR plate?



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 or Sausage Biscuit or Breakfast Pizza or Pancakes

Lunch

Country Fried Steak Sandwich, Lettuce/Tomato/Pickles, Tater Tots, Baked Beans or Lasagna w/Garlic Bread, Garden Salad, Green Beans

Tuesday, September 17

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

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

Wed., September 18

Breakfast

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

Lunch

Chili Cheese Fries, Breadsticks (2), Broccoli, Corn or Hamburger w/Cheese, Fries, Corn, Baked Beans, Lettuce/Tomato/Pickles/Onions

Thursday, September 19

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Cheesy Macaroni & Ham Casserole, Roll, Green Beans, Baked Sweet Potato or Fish Sticks, Steamed Broccoli, Hushpuppies, Fries or Baked Sweet Potato

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 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 BBQ Sandwich, Tater Tots, Slaw, Baked Beans, Fried Okra

Thursday, September 26

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Cheesy Breadsticks w/Marinara Sauce, Baked Potato or Baked Sweet Potato, Garden Salad, Steamed Broccoli or Philly Cheesesteak Sandwich, Peppers & Onions, Fries or Baked Sweet Potato, Garden Salad, Steamed Broccoli

Friday, September 27

Breakfast

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

Lunch

Beef & Bean Burrito w/Queso, Chips & Salsa, Corn, Sour Cream, Lettuce/Tomato/Peppers or Mini Corn Dogs, Fries, Corn, Baked Beans

Monday, September 30

Breakfast

Chicken or Sausage Biscuit or Breakfast Pizza or Pancakes

Lunch

Chicken Parmesan, Garlic Bread, Corn, Garden Salad or Chili Cheese Tots, Breadstick, Corn, Broccoli

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