

welcome back



**MENUS FOR AUGUST 2015**

**Dawson County High School**

"USDA is an equal opportunity provider and employer."

**AVAILABLE DAILY**

Whole grains are served daily.  
All meals include fruit and milk choice  
(fat free flavored, skim or 1% milk).

Daily breakfast choices include:

Whole Wheat Honey Bun, Yogurt Parfait,  
Cereal, or Breakfast Cookie

**Grab & Go Breakfast available Mon., Wed., & Fri.:**

Chicken Biscuit, Fruit or Juice & Milk

Daily lunch choices include:

Pizza & Salad, Baked or Grilled Chicken Salad & Soup Bar

Deli Sandwich & Soup available Mon., Wed. & Fri.

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*

**Fruitful  
for your family.**



Our meals are fantastic for your family in more ways than one. First, we're there for you every day, so you don't have to worry. Plus, our prices are the best you'll find for a full, balanced meal. We also meet healthy standards that are unheard of in most meals. And, oh yeah, we offer fruit (or veggie) with every meal we serve every single day! Have a great year, and please join us often!

**Friday, August 7**

**Breakfast**

Chicken or Sausage Biscuit or  
Dutch Waffle

**Lunch**

Popcorn Chicken,  
Fries, Baked Beans,  
Slaw,  
Broccoli  
or  
Bacon Cheeseburger,  
Fries, Slaw, Baked Beans,  
Lettuce/Tomato,  
Pickles/Onions

**Monday, August 10**

**Breakfast**

Chicken or Sausage Biscuit or  
French Toast Sticks

**Lunch**

Chicken Tenders,  
Creamed Potatoes or  
Baked Sweet Potato,  
Roll, Broccoli  
or  
Philly Beef Sandwich,  
Tater Tots or  
Baked Sweet Potato,  
Peppers & Onions, Broccoli

**Tuesday, August 11**

**Breakfast**

Chicken or Sausage Biscuit or  
Dutch Waffle

**Lunch**

Beef Taco,  
Refried Beans,  
Mexican Rice, Corn,  
Cheese/Lettuce/Tomato,  
Salsa/Sour Cream/Peppers  
or  
Chicken Sandwich,  
Fries, Corn,  
Lettuce/Tomato/Pickles

**Wednesday, August 12**

**Breakfast**

Chicken or Sausage Biscuit or  
Pancakes

**Lunch**

Asian Chicken, Roll,  
Asian Rice, Oriental Veggies,  
Steamed Carrots  
or  
Hamburger w/Cheese,  
Chips, Steamed Carrots,  
Baked Beans, Slaw,  
Lettuce/Tomato,  
Pickles/Onions

**Thursday, August 13**

**Breakfast**

Chicken or Sausage Biscuit or  
Breakfast Pizza

**Lunch**

BBQ Plate,  
Fries, Texas Toast,  
Baked Beans,  
Slaw  
or  
Grilled Chicken Sandwich,  
Fries, Slaw,  
Baked Beans,  
Lettuce/Tomato/Pickles

**Friday, August 14**

**Breakfast**

Chicken or Sausage Biscuit or  
Dutch Waffle

**Lunch**

Chicken Nuggets,  
Tater Tots,  
Macaroni & Cheese,  
Green Beans  
or  
Chili Cheese Dog,  
Tater Tots,  
Green Beans,  
Slaw

**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**

**Monday, August 17**

**Breakfast**

Chicken or Sausage Biscuit or French Toast Sticks

**Lunch**

Popcorn Chicken, Roll, Gravy, Creamed Potatoes, California Blend Veggies or Bacon Cheeseburger, Slaw, Tater Tots, Baked Beans, Lettuce/Tomato, Pickles/Onions

**Tuesday, August 18**

**Breakfast**

Chicken or Sausage Biscuit or Dutch Waffle

**Lunch**

Chicken Fajita Nachos, Refried Beans, Corn, Cheese/Lettuce/Tomato, Salsa/Sour Cream/Peppers or Ham & Cheese Croissant, Fries, Slaw, Lettuce/Tomato, Baked Beans

**Wednesday, August 19**

**Breakfast**

Chicken or Sausage Biscuit or Pancakes

**Lunch**

Philly Cheese Steak Sandwich, Peppers & Onions, Baked Potato, Steamed Carrots or Chili Cheese Fries, Baked Potato, Steamed Carrots

**Thursday, August 20**

**Breakfast**

Chicken or Sausage Biscuit or Breakfast Pizza

**Lunch**

Lasagna, Garlic Toast, Broccoli, Garden Salad or Cheese Stuffed Breadsticks (3) w/Marinara Sauce, Broccoli, Garden Salad

**Friday, August 21**

**Breakfast**

Chicken or Sausage Biscuit or Dutch Waffle

**Lunch**

Chili Cheese Fritos, Baked Potato, or Baked Sweet Potato, Garden Salad or Chicken Sandwich, Baked Potato or Baked Sweet Potato, Lettuce/Tomato/Pickles

**Monday, August 24**

**Breakfast**

Chicken or Sausage Biscuit or French Toast Sticks

**Lunch**

Chicken Tenders, Gravy, Roll, Broccoli, Creamed Potatoes or Baked Sweet Potato or Chicken Sandwich, Chips, Broccoli, Lettuce/Tomato

**Tuesday, August 25**

**Breakfast**

Chicken or Sausage Biscuit or Dutch Waffle

**Lunch**

Beef Nachos, Refried Beans, Corn, Lettuce/Tomato/Peppers, Salsa/Sour Cream or Chili Cheese Dog, Tater Tots, Corn, Slaw

**Wednesday, August 26**

**Breakfast**

Chicken or Sausage Biscuit or Pancakes

**Lunch**

Spicy Chicken Wraps, Slaw, Baked Potato, Baked Beans, Cheese/Lettuce/Tomato, or Grilled Chicken Sandwich, Baked Potato, Slaw, Baked Beans, Lettuce/Tomato/Pickles

**Thursday, August 27**

**Breakfast**

Chicken or Sausage Biscuit or Breakfast Pizza

**Lunch**

Asian Chicken, Roll, Asian Rice, Steamed Carrots, Oriental Veggies or Hamburger w/Cheese, Fries, Slaw, Steamed Carrots, Lettuce/Tomato, Pickles/Onions, Baked Beans

**Friday, August 28**

**Breakfast**

Chicken or Sausage Biscuit or Dutch Waffle

**Lunch**

Chicken Chunks or Fish Nuggets, Hushpuppies, Macaroni & Cheese, Steamed Carrots, Turnip Greens or Philly Cheese Steak Sandwich, Fries, Steamed Carrots, Peppers & Onions, Turnip Greens

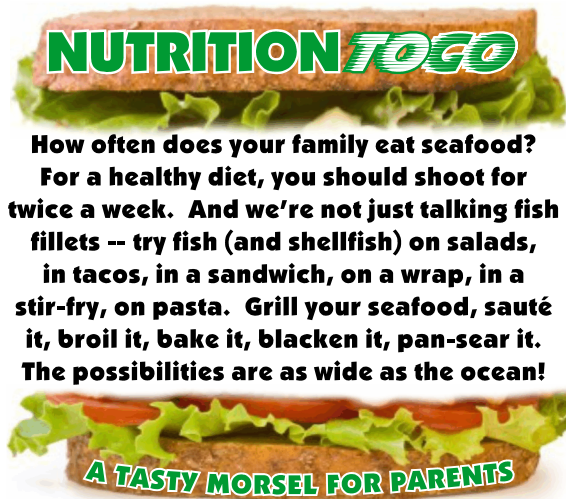
**Monday, August 31**

**Breakfast**

Chicken or Sausage Biscuit or French Toast Sticks

**Lunch**

Popcorn Chicken, Roll, Gravy, Steamed Carrots, Creamed Potatoes or Baked Sweet Potato or Ham & Cheese Croissant, Chips, Baked Sweet Potato, Lettuce/Tomato, Steamed Carrots



# Eyes and Ears!

Sweet, fresh corn is like summer on a plate! And these delicious ears are also good for your eyes. Two anti-oxidants found in corn help your eyes filter out some of the sun's damaging rays and may also help protect against "macular degeneration," the leading cause of blindness later in life.



Learn more at [www.CHOSEMYPLATE.gov](http://www.CHOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**AVAILABLE DAILY**

**Fruit choices are available every day and may include:**

**Bananas, strawberries, apples, oranges, watermelon, cantaloupe, honeydew melon, grapes, applesauce, peaches, mandarin oranges, mixed fruit, blueberries, pineapple tidbits, sherbet cups, juice bars, nectarines or Jell-O w/fruit**