

welcome back



MENUS FOR AUGUST 2015

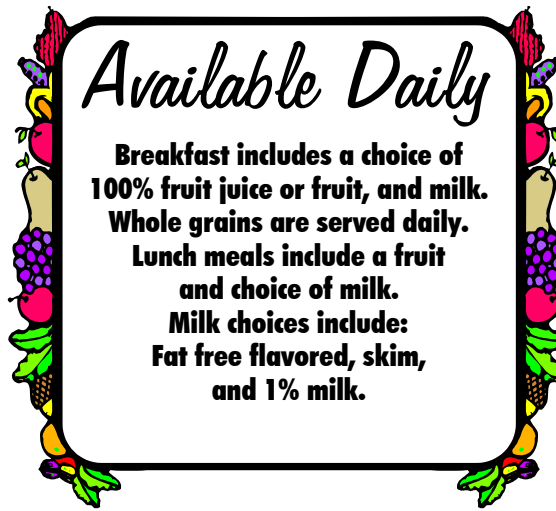
Dawson County Elementary Schools

"USDA is an equal opportunity provider and employer."

MUNCHIE MEALS!

AVAILABLE DAILY

- Mondays—Pizza Munchie Meal
- Tuesdays—Ham & Cheese Sliders Munchie Meal
- Wednesdays—PB&J Munchie Meal
- Thursdays—Yogurt Munchie Meal
- Fridays—Turkey Roll Munchie Meal



Available Daily

Breakfast includes a choice of 100% fruit juice or fruit, and milk. Whole grains are served daily. Lunch meals include a fruit and choice of milk. Milk choices include: Fat free flavored, skim, and 1% milk.

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
Dutch Waffle

Lunch
Steak Nuggets
or
Hamburger Sliders,
Lettuce/Tomato,
Fries,
Baked Beans,
Fruit

Monday, August 10

Breakfast
Pancake on a Stick

Lunch
Beef Taco
or
Popcorn Chicken,
Cheese/Lettuce/Tomato,
Flame Roasted Corn,
Fries,
Fruit

Tuesday, August 11

Breakfast
Chicken Biscuit

Lunch
Chicken Sandwich
or
BBQ Sandwich,
Fries,
Lettuce/Tomato,
Slaw,
Fruit

Wednesday, August 12

Breakfast
French Toast Sticks

Lunch
Spaghetti
w/Garlic Toast
or
Pizza,
Corn,
Steamed Broccoli,
Fruit

Thursday, August 13

Breakfast
Sausage Biscuit

Lunch
Chicken Nuggets
or
Steak Patty w/Gravy,
Breadstick,
Mashed Potatoes,
Cooked Carrots,
Fruit

Friday, August 14

Breakfast
Chicken Biscuit

Lunch
Macaroni & Cheese
or
Mini Corn Dogs,
Baked Beans,
Okra,
Fruit

Breakfast **Lunch**
\$1.50 **\$2.35**



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
Sausage Biscuit

Lunch
Ham & Cheese Sub
or
Taco,
Cheese/Lettuce/Tomato,
Flame Roasted Corn,
Fruit

Tuesday, August 18

Breakfast
Cinnamon Roll

Lunch
Chicken Sandwich
or
BBQ Sandwich,
Lettuce/Tomato,
Fries,
Carrots w/Dip,
Slaw,
Fruit

Wednesday, August 19

Breakfast
Chicken Biscuit

Lunch
Flat Bread Pizza
or
Chili Cheese Fritos,
Corn,
Broccoli Medley,
Fruit

Thursday, August 20

Breakfast
Mini Pancakes

Lunch
Turkey w/Gravy
or
Macaroni & Cheese,
Mashed Potatoes,
Mixed Vegetables,
Roll,
Fruit

Friday, August 21

Breakfast
Chicken Biscuit

Lunch
Mandarin Chicken w/Rice
or
Hot Dog,
Slaw,
Baked Beans,
Fruit

Monday, August 24

Breakfast
Chicken Biscuit

Lunch
Chicken Tenders
or
Steak Nuggets w/Gravy,
Mashed Potatoes,
Green Beans,
Garden Salad,
Roll,
Fruit

Tuesday, August 25

Breakfast
Sausage Biscuit

Lunch
Taco
or
Beef & Cheese Burrito,
Corn,
Cheese/Lettuce/Tomato,
Refried Beans,
Fruit

Wednesday, August 26

Breakfast
French Toast Sticks

Lunch
Spaghetti w/Garlic Toast
or
Pizza Sticks,
Corn,
Steamed Broccoli,
Fruit

Thursday, August 27

Breakfast
Blueberry Muffin

Lunch
Hot Dog
or
Hamburger,
Fries,
Slaw,
Baked Beans,
Fruit

Friday, August 28

Breakfast
Chicken Biscuit

Lunch
Chicken Quesadilla
or
Popcorn Chicken,
Cheese/Lettuce/Tomato,
Flamed Roasted Corn,
Fries,
Fruit

Monday, August 31

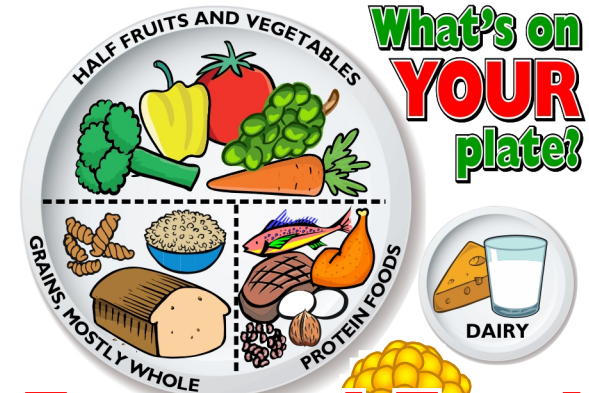
Breakfast
Bacon Biscuit

Lunch
Chicken Sandwich
or
BBQ Sandwich,
Lettuce/Tomato,
Fries,
Carrots w/Dip,
Slaw,
Fruit

NUTRITION TO GO

How often does your family eat seafood? For a healthy diet, you should shoot for twice a week. And we're not just talking fish fillets -- try fish (and shellfish) on salads, in tacos, in a sandwich, on a wrap, in a stir-fry, on pasta. Grill your seafood, sauté it, broil it, bake it, blacken it, pan-sear it. The possibilities are as wide as the ocean!

A TASTY MORSEL FOR PARENTS



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 or 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