



MENUS FOR AUGUST 2015

Dawson County Middle Schools

"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).

Breakfast (Everyday):

Yogurt w/Whole Grain Breakfast Cookie or
Whole Grain Honey Bun

Lunch (Everyday):

Pizza & Salad or Pre-plated Salad Meals w/Soup

Lunch (Mon., Wed., Fri.):

Deli Sandwich Meal w/Soup

**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 Biscuit or
Gravy Biscuit or
Mini Pancakes

Lunch

Chicken Sandwich,
Lettuce/Tomato,
Baked Beans,
Fries
or
Cheesy Breadsticks (2)
w/Marinara Sauce,
Corn,
Broccoli

Monday, August 10

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

Chicken Nuggets,
Roll,
Creamed Potatoes,
Green Beans
or
Beef & Gravy, Roll,
Creamed Potatoes,
Green Beans

Tuesday, August 11

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Dutch Waffle

Lunch

Hamburger w/Cheese,
Lettuce/Tomato,
Baked Beans, Fries
or
Corn Dog,
Slaw,
Baked Beans,
Fries

Wednesday, August 12

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

Soft Shell Tacos,
Lettuce/Tomato,
Salsa/Sour Cream,
Refried Beans, Broccoli
or
Chicken Teriyaki,
Rice, Broccoli,
Stir Fry Veggies

Thursday, August 13

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Pancake on a Stick

Lunch

Chicken Sandwich,
Lettuce/Tomato,
Carrots w/Dip,
Fries
or
Ham & Cheese Croissant,
Lettuce/Tomato,
Carrots w/Dip, Fries

Friday, August 14

Breakfast

Chicken Biscuit or
Gravy Biscuit or
Mini Pancakes

Lunch

BBQ Sandwich,
Brunswick Stew,
Slaw, Tater Tots
or
Philly Cheese Steak Sandwich,
Peppers & Onions,
Slaw,
Tater Tots

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 Biscuit or
Gravy Biscuit or
French Toast

Lunch

Mandarin Orange Chicken
w/Rice, Green Beans,
Baked Sweet Potato,
or
Philly Cheese Steak Sandwich,
Peppers & Onions,
Baked Sweet Potato,
Green Beans

Tuesday, August 18

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Dutch Waffle

Lunch

Hamburger w/Cheese,
Lettuce/Tomato,
Baked Beans, Fries
or
Chili,
Cheese Toast,
Baked Potato,
Garden Salad

Wednesday, August 19

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

Chicken Tetrizzini or
Spaghetti,
Garlic Toast,
Garden Salad,
Broccoli
or
Pizza,
Garden Salad

Thursday, August 20

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Pancake on a Stick

Lunch

Chicken Fajita,
Lettuce/Tomato,
Southwest Veggies,
Refried Beans
or
Beefaroni,
Corn,
Broccoli

Friday, August 21

Breakfast

Chicken Biscuit or
Gravy Biscuit or
Mini Pancakes

Lunch

Spicy Chicken Wrap,
Lettuce/Tomato,
Baked Beans,
Fries
or
Ham w/Hushpuppies,
Macaroni & Cheese,
Slaw, Baked Beans

Monday, August 24

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

Chicken Nuggets,
Roll, Mashed Potatoes,
Green Beans
or
Soft Shell Tacos,
Lettuce/Tomato,
Salsa/Sour Cream,
Green Beans

Tuesday, August 25

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Dutch Waffle

Lunch

Thai Chicken w/Rice,
Broccoli,
Steamed Carrots
or
Philly Cheese Steak Sandwich,
Peppers & Onions,
Slaw, Steamed Carrots,
Chip Choice

Wednesday, August 26

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

Chili Cheese Tots,
Breadstick,
Carrots & Celery Sticks w/Dip
or
Chili Cheese Dog,
Slaw,
Carrots & Celery Sticks w/Dip,
Tater Tots

Thursday, August 27

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Pancake on a Stick

Lunch

Hamburger w/Cheese,
Lettuce/Tomato,
Baked Beans,
Fries
or
BBQ Sandwich,
Baked Beans,
Slaw, Fries

Friday, August 28

Breakfast

Chicken Biscuit or
Gravy Biscuit or
Mini Pancakes

Lunch

Chicken Sandwich,
Lettuce/Tomato,
Baked Beans,
Fries
or
Cheesy Breadsticks (2) w/
Marinara Sauce,
Corn, Broccoli

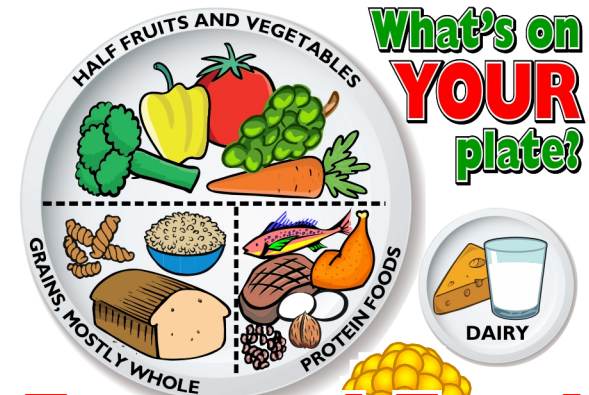
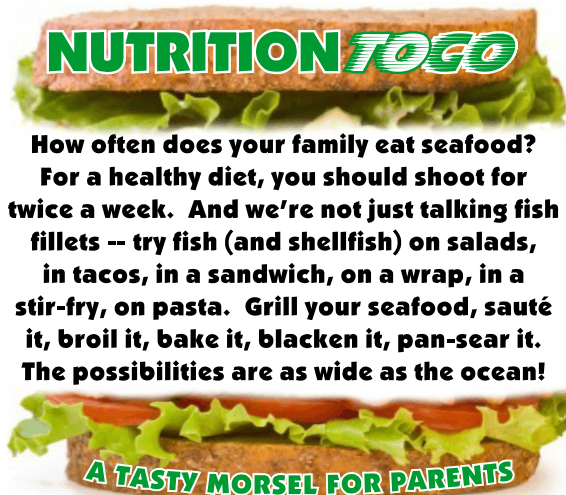
Monday, August 31

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

Popcorn Chicken,
Breadstick,
Mashed Potatoes, Broccoli
or
Steak & Gravy,
Breadstick,
Mashed Potatoes,
Broccoli



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.CHOOSEMYPLATE.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