

Menus for September 2015



Remembering our Heroes on September 11, and showing our support for them all year round.

Dawson County High School

This institution is an equal opportunity provider and employer.

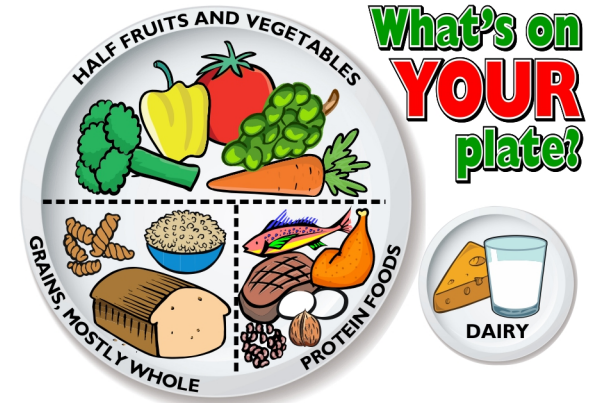


EAT YOUR WATER.



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!



Red blocks Red.



Tomatoes and many other red and orange fruits and veggies contain a fantastic substance known as "lycopene." Lycopene does many wonderful things for your health -- among them, helping to protect your skin from sunburn.

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

Mooseum Quality



*Choice of milk served with all complete meals:
Fat Free Flavored, Skim, and 1% Milk*

Tuesday, September 1

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

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

Wed., September 2

Breakfast

Chicken or Sausage Biscuit or Pancakes

Lunch

Beef Stroganoff, Bread Stick, Baked Sweet Potato, Green Beans, or BBQ Sandwich, Fries, Slaw

Thursday, September 3

Breakfast

Chicken or Sausage Biscuit or Breakfast Pizza

Lunch

Italian Chicken Bake, Texas Toast, Garden Salad, Steamed Carrots or Bacon Hamburger w/Cheese, Baked Beans, Slaw, Lettuce/Tomato, Pickles/Onions

Friday, September 4

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Spicy Chicken Sandwich, Tater Tots, Lettuce/Tomato/Pickles or Cheese Stuffed Breadsticks w/Marinara Sauce, Garden Salad, Broccoli



HAPPY LABOR DAY!

NO SCHOOL MONDAY, SEPTEMBER 7

Tuesday, September 8

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Chicken Fajita Nachos, Refried Beans, Corn, Cheese/Lettuce/Tomato, Salsa/Sour Cream/Peppers or Chicken Sandwich, Fries, Corn, Lettuce/Tomato/Pickles

Wed., September 9

Breakfast

Chicken or Sausage Biscuit or Pancakes

Lunch

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

Thursday, September 10

Breakfast

Chicken or Sausage Biscuit or Breakfast Pizza

Lunch

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

Friday, September 11

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Chicken Chunks, Tater Tots, Macaroni & Cheese, Broccoli or Chili Cheese Dog, Tater Tots, Broccoli, Slaw

Available Daily

Whole grains are served daily.
All meals include fruit and milk choice.
Daily breakfast choices include:
Whole Wheat Honey Bun, Yogurt Parfait, or Cereal
Grab & Go Breakfast available Mon., Wed., & Fri.:
Chicken Biscuit, Fruit or Juice & Milk
Daily lunch choices include:
Pizza, Baked or Grilled Chicken Salad Bar, Soup, and Deli Sandwiches

Monday, September 14

Breakfast

Chicken or Sausage Biscuit or French Toast Sticks

Lunch

Chicken Tenders, Gravy, Roll, Creamed Potatoes or Baked Sweet Potato, California Blend Veggies or Philly Cheese Steak Sandwich, Peppers Onions, Fries, Slaw, Baked Beans

Tuesday, September 15

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

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

Wed., September 16

Breakfast

Chicken or Sausage Biscuit or Pancakes

Lunch

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

Thursday, September 17

Breakfast

Chicken or Sausage Biscuit or Breakfast Pizza

Lunch

Spicy Chicken Wraps, Fries, Baked Beans, Lettuce/Tomato/Cheese or Bacon Hamburger w/Cheese, Fries, Slaw, Baked Beans, Lettuce/Tomato, Pickles/Onions

Friday, September 18

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Popcorn Chicken, Fries, Breadstick, Broccoli or Chicken Sandwich, Fries, Broccoli, Lettuce/Tomato/Pickles

Monday, September 21

Breakfast

Chicken or Sausage Biscuit or French Toast Sticks

Lunch

Asian Chicken, Roll, Asian Rice, Oriental Veggies, Baked Sweet Potato or Cheese Stuffed Breadsticks w/ Marinara Sauce, Baked Sweet Potato, Strawberry Spinach Salad

Tuesday, September 22

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Chicken Fajitas, Refried Beans, Corn, Cheese/Lettuce/Tomato, Salsa/Sour Cream/Peppers or Hamburger w/Cheese, Fries, Baked Beans, Slaw

Wed., September 23

Breakfast

Chicken or Sausage Biscuit or Pancakes

Lunch

BBQ Plate, Texas Toast, Fries, Slaw or Spicy Chicken Sandwich, Fries, Slaw, Lettuce/Tomato/Pickles

Thursday, September 24

Breakfast

Chicken or Sausage Biscuit or Breakfast Pizza

Lunch

Chicken Tetrizzini, Breadstick, Garden Salad, Broccoli or Grilled Chicken Sandwich, Fries, Slaw, Baked Beans, Lettuce/Tomato/Pickles

Friday, September 25

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Chicken Chunks, Baked Potato, Macaroni & Cheese, Green Beans or Chili Cheese Dog, Tater Tots, Slaw, Green Beans

Monday, September 28

Breakfast

Chicken or Sausage Biscuit or French Toast Sticks

Lunch

Chicken Tenders, Roll, Peppered Gravy, Creamed Potatoes or Baked Sweet Potato, Broccoli or Bacon Hamburger w/Cheese, Fries, Slaw, Lettuce/Tomato/Pickles/Onions

Tuesday, September 29

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle

Lunch

Beef Nachos, Mexican Rice, Corn, Lettuce/Tomato/Peppers, Salsa/Sour Cream or BBQ Sandwich, Fries, Slaw

Wed., September 30

Breakfast

Chicken or Sausage Biscuit or Pancakes


Lunch

Chili Cheese Fries, Garden Salad, Roll or Philly Cheese Steak Sandwich, Peppers/Onions, Fries, Garden Salad


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



When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them. They're also less likely to overindulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!



A TASTY MORSEL FOR PARENTS



First things First

BREAKFAST @SCHOOL

For first-class learning!

Featuring Healthy Fruits & Grains!