

Menus for September 2015



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



Dawson County Elementary Schools

This institution is an equal opportunity provider and employer.

Mooseum Quality



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



HAPPY LABOR DAY!

NO SCHOOL MONDAY, SEPTEMBER 7

Tuesday, September 1

Breakfast
Dutch Waffle

Lunch
Steak Nuggets
or
Hamburger Sliders (2),
Lettuce/Tomato,
Fries,
Baked Beans,
Fruit

Wed., September 2

Breakfast
Pancake on a Stick

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

Thursday, September 3

Breakfast
Bacon Biscuit

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

Friday, September 4

Breakfast
French Toast Sticks

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

Tuesday, September 8

Breakfast
Sausage Biscuit

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

Wed., September 9

Breakfast
Biscuit & Gravy

Lunch
Sloppy Joes
or
Chicken Nuggets,
Breadstick,
Mashed Potatoes,
Cooked Carrots,
Fruit

Thursday, September 10

Breakfast
Chicken Biscuit

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

Friday, September 11

Breakfast
Cinnamon Roll

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

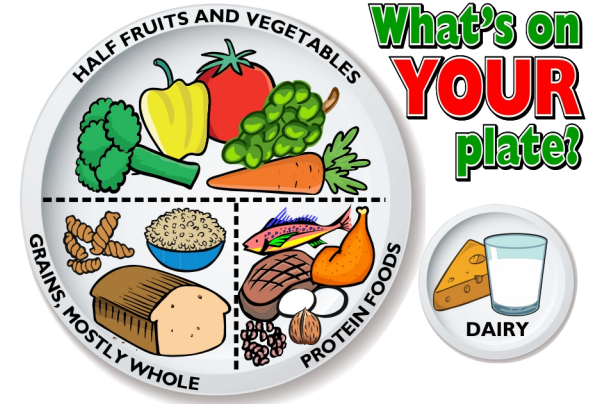
Munchie Meals!

****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 Meals



Try one today!!



Red blocks Red.



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

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.

Monday, September 14

Breakfast
Chicken Biscuit

Lunch
Chicken Quesadillas (2)
or
Popcorn Chicken,
Cheese/Lettuce/Tomato,
Corn,
Fries,
Garden Salad,
Fruit

Tuesday, September 15

Breakfast
Mini Pancakes

Lunch
Turkey & Rice w/Gravy
or
Macaroni & Cheese,
Mixed Vegetables,
Garden Salad,
Roll,
Fruit

Wed., September 16

Breakfast
Sausage Biscuit

Lunch
Personal Pan Pizza
or
Chili Cheese Fritos,
Corn,
Broccoli Medley,
Fruit

Thursday, September 17

Breakfast
Blueberry Muffin

Lunch
Mandarin Chicken w/Rice
or
Hot Dog,
Slaw,
Green Peas,
Garden Salad,
Fruit

Friday, September 18

Breakfast
French Toast Sticks

Lunch
Beef Tacos
or
Burrito,
Cheese/Lettuce/Tomato,
Corn,
Refried Beans w/Queso,
Fruit

Monday, September 21

Breakfast
Pancake on a Stick

Lunch
Sloppy Joes
or
Chicken Nuggets,
Breadstick,
Mashed Potatoes,
Cooked Carrots,
Fruit

Tuesday, September 22

Breakfast
Chicken Biscuit

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

Wed., September 23

Breakfast
Biscuit & Gravy

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

Thursday, September 24

Breakfast
Bacon Biscuit

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

Friday, September 25

Breakfast
Chicken Biscuit

Lunch
Sack Lunch Day

PB&J Sandwich
or
Turkey Sandwich

Monday, September 28

Breakfast
Chicken Biscuit

Lunch
Mandarin Chicken w/Rice
or
BBQ Sandwich,
Slaw,
Green Peas,
Fruit

Tuesday, September 29

Breakfast
Blueberry Muffin

Lunch
Chicken Sandwich
or
Hamburger,
Fries,
Lettuce/Tomato,
Slaw,
Baked Beans,
Fruit

Wed., September 30

Breakfast
Bacon Biscuit

Lunch
Pizza
or
Mini Sloppy Joes,
Corn,
California Blend Veggies,
Fries,
Fruit

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



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!



BREAKFAST
IN THE CLASSROOM
For first-class learning!

Featuring Healthy Fruits & Grains!