

Menus for September 2015



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

Dawson County Middle Schools

This institution is an equal opportunity provider and employer.

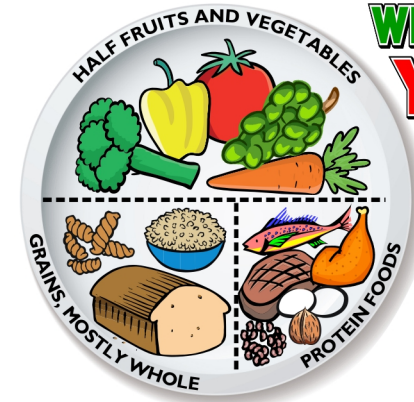


EAT YOUR WATER.



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!



What's on YOUR plate?



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
Sausage Biscuit or Breakfast Pizza or Dutch Waffle

Lunch
Hamburger w/Cheese, Lettuce/Tomato, Baked Beans, Fries
or
Chili w/Corn Chips, Carrots & Celery Sticks w/Dip, Baked Potato

Wed., September 2

Breakfast
Chicken Biscuit or Gravy Biscuit or French Toast

Lunch
Mandarin Orange Chicken, Rice, Green Beans, Baked Sweet Potato
or
Carnita, Slaw, Baked Sweet Potato

Thursday, September 3

Breakfast
Sausage Biscuit or Breakfast Pizza or Pancake on a Stick

Lunch
Chicken Pasta Bake, Garden Salad, California Blend Veggies
or
Beef Enchiladas, Refried Beans, Sour Cream, California Blend Veggies

Friday, September 4

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



HAPPY LABOR DAY!

NO SCHOOL MONDAY, SEPTEMBER 7

Tuesday, September 8

Breakfast
Sausage Biscuit or Breakfast Pizza or Dutch Waffle

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

Wed., September 9

Breakfast
Chicken Biscuit or Gravy Biscuit or French Toast

Lunch
Sweet & Sour Chicken, Rice, Broccoli, Oriental Vegetables
or
Soft Shell Taco, Lettuce/Tomato, Salsa/Sour Cream, Refried Beans, Broccoli

Thursday, September 10

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, September 11

Breakfast
Chicken Biscuit or Gravy Biscuit or Mini Pancakes

Lunch
BBQ Sandwich, Brunswick Stew, Slaw, Tater Tots
or
Philly Cheese Steak, Peppers/Onions, Slaw, Fries

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 or
Gravy Biscuit or
French Toast

Lunch

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

Tuesday, September 15

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Dutch Waffle

Lunch

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

Wed., September 16

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

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

Thursday, September 17

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Pancake on a Stick

Lunch

Chicken Fajitas,
Lettuce/Tomato,
Southwest Veggies,
Refried Beans
or
Chili Mac,
Corn,
Broccoli

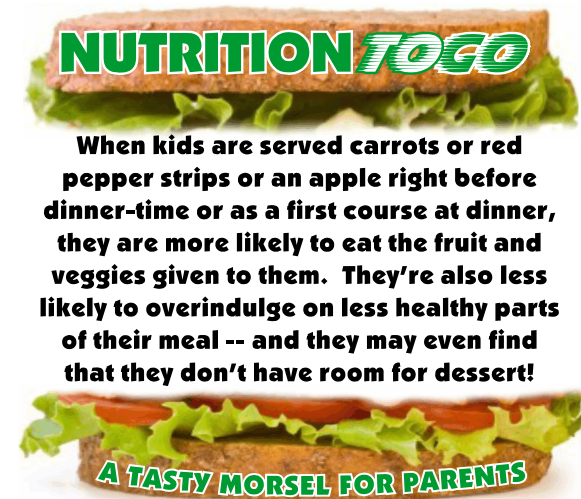
Friday, September 18

Breakfast

Chicken Biscuit or
Gravy Biscuit or
Mini Pancakes

Lunch

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



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!

Monday, September 21

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

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

Tuesday, September 22

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Dutch Waffle

Lunch

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

Wed., September 23

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

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

Thursday, September 24

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Pancake on a Stick

Lunch

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

Friday, September 25

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, September 28

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

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

Tuesday, September 29

Breakfast

Sausage Biscuit or
Breakfast Pizza or
Dutch Waffle

Lunch

Hamburger w/Cheese,
Lettuce/Tomato,
Baked Beans,
Fries
or
Chili w/Corn Chips,
Carrots & Celery Sticks w/Dip,
Baked Potato

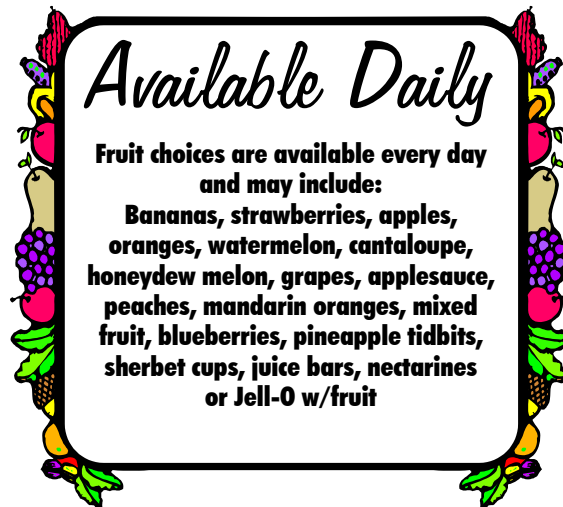
Wed., September 30

Breakfast

Chicken Biscuit or
Gravy Biscuit or
French Toast

Lunch

Mandarin Orange Chicken,
Rice, Green Beans,
Baked Sweet Potato
or
Soft Shell Taco,
Lettuce/Tomato,
Salsa/Sour Cream,
Baked Sweet Potato



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

BREAKFAST @SCHOOL
For first-class learning!

Featuring Healthy Fruits & Grains!