

# Menus for May 2024



## Dawson County Junior High School

This institution is an equal opportunity provider. Menus are subject to change.

### NUTRITION TO GO

**Pizza and fries – that has to be a junk food meal, right? WRONG! Kids love the taste of our pizza and fries, sure. But those items are also formulated to be healthier than you might assume, especially when they are part of a complete, nutritious meal like the meals we serve every day!**

### A QUICK BITE FOR PARENTS

## Available Daily

**Daily breakfast choices include:**  
**Honey Bun, Cereal, or Yogurt Parfait**  
**Daily lunch choices include:**  
**Pizza w/Choice of Vegetable or Side Salad served Monday, Wednesdays & Fridays**  
**Pre-plated PB&J Sandwich Boxes served Tuesdays & Thursdays**  
**Lunch and breakfast meals include a fruit or fruit juice, and a choice of milk.**

# ADDITION BY SUBTRACTION.

Perhaps the single best way to ADD to your good health is to SUBTRACT one item from your diet: ADDED SUGAR. Nutritionists recommend that we get no more than 5-10% of daily calories from added sugar -- about 25-50 grams per day (6-12 teaspoons). Sound like a lot? A single 12-oz. soda contains 40 grams.

That's like eating 10 sugar packs!



And you'll also find added sugar in lots of places you might not expect -- ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce. Added sugar is required to be listed separately on nutrition labels. So get in the habit of checking that out! And choose whole, natural, unprocessed food when you can.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

### Wednesday, May 1

#### Breakfast

Chicken or Sausage Biscuit or Pancake Stick

#### Lunch

Cheesy Breadsticks or Chicken Parmesan w/Breadstick, Garden Salad, Green Beans

### Thursday, May 2

#### Breakfast

Chicken Biscuit or French Toast

#### Lunch

Fish Sticks or Chicken Nuggets, Macaroni & Cheese, Slaw, Baked Beans, Honey Roasted Carrots

### Friday, May 3

#### Breakfast

Chicken or Sausage Biscuit or Pancake Stick

#### Lunch

Baked Spaghetti, Breadstick, Garden Salad, Baked Sweet Potato or Cheeseburger, Baked Sweet Potato, Lettuce/Tomato, Baked Beans

### Monday, May 6

#### Breakfast

Chicken or Sausage Biscuit or French Toast

#### Lunch

Chicken Sandwich or Meatball Sub Sandwich, Fries, Lettuce/Tomato, Carrots

### Tuesday, May 7

#### Breakfast

Chicken Biscuit or Breakfast Pizza

#### Lunch

Queso Beef Nachos or Queso Chicken Nachos, Spanish Rice, Refried Beans, Street Corn, Salsa/Peppers

### Wednesday, May 8

#### Breakfast

Chicken or Sausage Biscuit or Pancake Stick

#### Lunch

Hot Dog or Cheeseburger, Fries, Lettuce/Tomato, Slaw

### Thursday, May 9

#### Breakfast

Chicken Biscuit or French Toast

#### Lunch

BBQ Sandwich or Mini Corn Dogs, Baked Beans, Slaw, Sweet Potato Fries

### Friday, May 10

#### Breakfast

Chicken or Sausage Biscuit or Pancake Stick

#### Lunch

Chicken Tenders, Breadstick, Mashed Potatoes, Broccoli



Monday, May 13

**Breakfast**

Chicken or Sausage Biscuit  
or French Toast

**Lunch**

Oriental Chicken  
or  
Hamburger Steak & Gravy,  
Steamed Rice,  
Honey Glazed Carrots,  
Green Beans

Tuesday, May 14

**Breakfast**

Chicken Biscuit  
or Breakfast Pizza

**Lunch**

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

Wednesday, May 15

**Breakfast**

Chicken or Sausage Biscuit  
or Pancake Stick

**Lunch**

Corn Dog  
or  
Cheeseburger,  
Sweet Potato Fries,  
Lettuce/Tomato,  
Baked Beans

Thursday, May 16

**Manager's Choice**



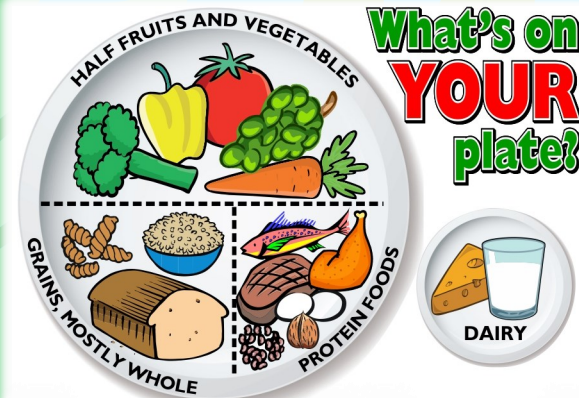
Today's Special Selections  
chosen especially for you  
by our Manager!

Friday, May 17

**Manager's Choice**

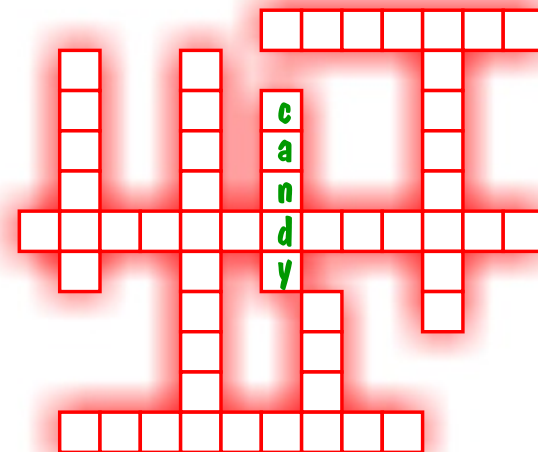


Today's Special Selections  
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# Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!



Fit the names of the added sugar sources into the crossword puzzle.

- Soda** 10 teaspoons added sugar
- Milk Shake** 25 teaspoons
- Candy** (1 package) 5-10 teaspoons
- Fruit Drink** 4-8 teaspoons
- Ice Cream** 10 teaspoons
- Cookies** 2-8 teaspoons
- Frosted Cereal** 3 teaspoons
- Pastry** 3-12 teaspoons

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, May 20

**Manager's Choice**



Today's Special Selections  
chosen especially for you  
by our Manager!

Tuesday, May 21

**Manager's Choice**



Today's Special Selections  
chosen especially for you  
by our Manager!



No paperwork necessary. Must be 18 or under for free meals.

**Monday - Friday**  
**11:30 am - 12:30 pm**  
**June 3 - July 25, 2024**

Please call 706-265-3246 for more info, or go to [www.dawsoncountyschools.org](http://www.dawsoncountyschools.org).

Adults (over 18): \$3.75 Lunch

**Weekend Meal Boxes will also be available this summer! More info to come on social media!**

Dawson County Schools Summer Feeding Program

# SUMMER MEALS! ALL KIDS EAT FREE!