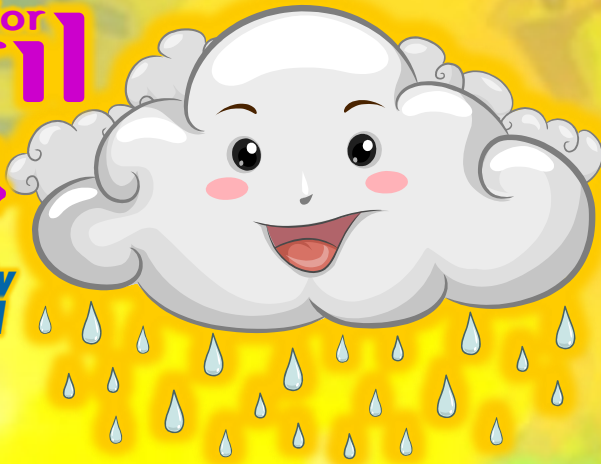


Menus for April 2024

Dawson County Middle School



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

Available Daily

Daily breakfast choices include:
Pop Tart or Honey Bun (served w/Yogurt Cup)

Daily lunch choices include:
Pre-plated Sandwich or Salad w/Toppings or Pizza

Lunch & breakfast meals include a fruit and a choice of milk.



Every complete meal we serve comes with your choice of milk!

What's on YOUR plate?

HALF FRUITS AND VEGETABLES
GRAINS, MOSTLY WHOLE
PROTEIN FOODS
DAIRY

Now Appearing...

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:
Friday, March 29

Classes resume:
Monday, April 8

NUTRITION TO GO

Asparagus lovers debate whether thin or thick spears are better. The answer? It's really just a matter of personal preference. Thinner spears aren't younger or fresher - they just grow farther out from the central plant. Whether you like thick or thin, avoid shriveled stalks or mushy heads.

A QUICK BITE FOR PARENTS

Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
Breakfast Sausage Biscuit or Cereal w/Toast or Honey Bun	Breakfast French Toast Sticks or Biscuit w/Gravy	Breakfast Waffle or Pancakes or Honey Bun or Cheesy Scrambled Eggs w/Toast	Breakfast Chicken Biscuit or Cereal w/Poptart	Breakfast Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast
Lunch Chicken Tenders or Country Fried Steak w/Gravy, Roll, Mashed Potatoes, Broccoli,	Lunch Baked Spaghetti w/Garlic Breadstick or Cheesy Bread w/Marinara Sauce, Garden Salad, Steamed Carrots, Fruit	Lunch BBQ Plate or Fish Sticks, Macaroni & Cheese, Slaw, Green Beans, Fruit	Lunch Chicken or Sausage Biscuit, Cheesy Eggs, Morning Potatoes, Sliced Tomatoes, Gravy, Fruit	Lunch Pizza or Yogurt Basket, Corn, Carrots w/Dip, Fruit

We're still a bargain!

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 rgilleland@dawson.k12.us



Monday, April 15
Breakfast
 Sausage Biscuit or Cereal w/Toast or Honey Bun
Lunch
 Asian Chicken w/Rice or Steak & Gravy, Green Beans, Honey Glazed Carrots, Fruit

Tuesday, April 16
Breakfast
 French Toast Sticks or Biscuit w/Gravy
Lunch
 Walking Tacos (Chicken or Beef), Lettuce/Tomato Cup, Refried Beans w/Queso, Fruit

Wednesday, April 17
Breakfast
 Waffle or Pancakes or Honey Bun or Cheesy Scrambled Eggs w/Toast
Lunch
 Chicken Tenders w/Waffles or Meatloaf, Mashed Potatoes, Green Peas, Fruit

Thursday, April 18
Breakfast
 Chicken Biscuit or Cereal w/Poptart
Lunch
 Cheesy Breadsticks w/Marinara Sauce or Chicken Alfredo w/Garlic Breadstick, Corn, Broccoli, Fruit

Friday, April 19
Breakfast
 Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast
Lunch
 Pizza or PB&J Sandwich, Carrots w/Dip, Garden Salad, Fruit

Monday, April 22
Breakfast
 Sausage Biscuit or Cereal w/Toast or Honey Bun
Lunch
 Cheeseburger or Hot Ham & Cheese Sandwich, Baked Beans, Okra, Fruit

Tuesday, April 23
Breakfast
 French Toast Sticks or Biscuit w/Gravy
Lunch
 Boneless Buffalo Chicken or Baked Spaghetti, Baked Potato, Celery Sticks w/Dip, Fruit

Wednesday, April 24
Breakfast
 Waffle or Pancakes or Honey Bun or Cheesy Scrambled Eggs w/Toast
Lunch
 Fish Sticks or Corn Dog, Tater Tots, Garden Salad, Fruit

Thursday, April 25
Breakfast
 Chicken Biscuit or Cereal w/Poptart
Lunch
 Chicken Sandwich or BBQ Sandwich, Sweet Potato Fries, Slaw, Fruit

Friday, April 26
Breakfast
 Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast
Lunch
 Pizza or Yogurt Basket, Corn, Carrots w/Dip, Fruit

THEREIN

The word "therein" (pronounce it like it's two words, "there" and "in") is special. It's the shortest word in the English

language that contains **TEN** other smaller words without rearranging any of the letters. How many can you find?

IO

herein, ere, re, relln, in

Word play

Monday, April 29
Breakfast
 Sausage Biscuit or Cereal w/Toast or Honey Bun
Lunch
 Asian Street Tacos or Meatball Sub Sandwich, Smiley Fries, Baked Beans, Fruit

Tuesday, April 30
Breakfast
 French Toast Sticks or Biscuit w/Gravy
Lunch
 Queso Beef Nachos or Chicken & Cheese Quesadilla, Lettuce/Tomato Cup, Refried Beans w/Queso, Corn, Fruit

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.

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