### Menus for September 2020

**Dawson County Elementary Schools**

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

#### We're here for you. (Even if you're not here)

There's no telling how this year might go. But in all this uncertainty, there's one thing you can count on: the dedicated, caring women and men of our child nutrition program will be preparing and serving convenient, economical, healthy school meals for our students every day. In the lunchroom. Or in the classroom. Or somewhere else all together. We'll be there for you.

#### School Meals

*We serve education every day*

#### Happy Labor Day!

*We hope the last sweet days of your summer are super PEACHY!*

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#### NUTRITION TO GO

A stuffed baked potato makes for a fantastic meatless meal! The potato is one of the most nutritious foods of all, with almost no fat, lots of nutrients, and about 20% of your daily fiber. Watch the stuffings, though — a load of butter adds a load of fat. A tablespoon or two of lower-fat sour cream is a tasty substitute.

#### A Quick Bite for Parents

Available daily:

Whole grains are served daily. Breakfast and lunch meals include a choice of 100% fruit juice or fruit, and a choice of milk. Milk choices include:

- Fat free Flavored, skim, and 1% milk.

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#### Tuesday, September 1

**Breakfast**
- Sausage Biscuit or Mini Waffles

**Lunch**
- Beef Taco
- Cheese Pizza
- Pepperoni Pizza
- Broccoli w/Dip
- Refried Beans
- Fruit

#### Wednesday, September 2

**Breakfast**
- Chicken Biscuit or Pop Tart w/Cheese Stick

**Lunch**
- Popcorn Chicken
- Steak w/Gravy, Mashed Potatoes, English Peas, Fruit

#### Thursday, September 3

**Breakfast**
- Bacon Biscuit or Honey Bun

**Lunch**
- Hamburger
- Hot Dog
- Baked Beans
- Fries
- Fruit

#### Friday, September 4

**Breakfast**
- Sausage Biscuit or Mini Pancakes

**Lunch**
- Cheese Pizza
- Pepperoni Pizza
- Carrots w/Dip
- Corn
- Fruit
- Pretzel Power Pack

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#### Tuesday, September 8

**Breakfast**
- French Toast Stics or Pancake on a Stick

**Lunch**
- Chicken Biscuit
- Sausage Biscuit, Cheesy Eggs, Harvest Potatoes, Tomato Slices, Fruit

#### Wednesday, September 9

**Breakfast**
- Cheese Biscuit or Mini Waffles

**Lunch**
- BBQ Sandwich
- Corn Dog, Slaw, Steamed Broccoli, Fruit

#### Thursday, September 10

**Breakfast**
- Biscuit w/Butter & Jelly or Honey Bun

**Lunch**
- Chili Cheese Fritos
- Cheesy Bread Sticks, Garden Salad, Steamed Carrots, Fruit

#### Friday, September 11

**Breakfast**
- Sausage Biscuit or Cereal w/Grahams

**Lunch**
- Cheese Pizza
- Pepperoni Pizza
- Taquitos, Celery w/Dip, Cucumbers/Tomatoes w/Dip, Corn, Fruit
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<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
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<tbody>
<tr>
<td>Monday, September 14</td>
<td>Bacon Biscuit or Pop Tart w/Cheese Stick</td>
<td>Macaroni &amp; Cheese or Chicken Tenders, Green Beans, Okra, Cookie, Fruit</td>
<td>Tuesday, September 15</td>
<td>Egg &amp; Cheese Biscuit or Honey Bun</td>
<td>Cheese Nachos or Cheese Pizza or Pepperoni Pizza, Garden Salad, Refried Beans, Fruit</td>
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<td>Wednesday, September 16</td>
<td>Sausage Biscuit or Mini Pancakes</td>
<td>Hot Dog or Hamburger, Slaw, Baked Beans, Fries, Fruit</td>
<td>Thursday, September 17</td>
<td>Gravy Biscuit or Muffin w/Cheese Stick</td>
<td>Chicken Sandwich or Spaghetti w/Garlic Bread, Broccoli w/Cheese, Garden Salad, Fruit</td>
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<td>Friday, September 18</td>
<td>Chicken Biscuit or Yogurt Basket</td>
<td>Cheese Pizza or Pepperoni Pizza, Carrots w/Dip, Corn, Fruit or Ham Power Pack</td>
<td>Monday, September 21</td>
<td>Sausage Biscuit or Cereal Bar w/Cheese Stick</td>
<td>Mini Corn Dogs or Boneless Hot Wings w/Garlic Bread, Baked Beans, Broccoli w/Cheese, Fruit</td>
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<td>Tuesday, September 22</td>
<td>Pancake on a Stick or Dutch Waffle</td>
<td>Chicken &amp; Waffles or Cheesy Breadsticks, Carrots w/Dip, 1/2 Baked Potato, Ice Cream Cup, Fruit</td>
<td>Wednesday, September 23</td>
<td>French Toast Sticks or Bacon Biscuit</td>
<td>Cheese Pizza or Pepperoni Pizza or Popcorn Chicken w/Breadstick, Garden Salad, Corn, Fruit</td>
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<td>Tuesday, September 29</td>
<td>Sausage Biscuit or Mini Pancakes</td>
<td>Cheese Pizza or Pepperoni Pizza or Chili Cheese Fritos, Broccoli w/Cheese, Green Beans, Fruit</td>
<td>Wednesday, September 30</td>
<td>Chicken Biscuit or Cereal Bar w/Cheese Stick</td>
<td>Chicken Tenders or Steak w/Gravy, Mashed Potatoes, Peas &amp; Carrots, Fruit</td>
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**Fall Break**
No School
Break begins at the end of classes: Wednesday, Sept. 23
Classes Resume: Tuesday, Sept. 29

**Self Care**
We've all been under a lot of stress this year. That's why it's more important than ever to set aside some regular time to take care of yourself—which will make it easier for all of us to keep taking care of each other!

**Prepay online!**
mySchoolBucks.com

**September Apples**
Celebrate PEANUTS
Georgia Harvest of the Month!