

Menus for May 2024



Dawson County Middle 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:

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.

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

Waffle or Pancakes, Honey Bun or Cheesy Scrambled Eggs w/Toast

Lunch

Mini Corn Dogs or Hot Dog, Fries, Green Beans, Fruit

Thursday, May 2

Breakfast

Chicken Biscuit or Cereal w/Poptart or Cinni Minis

Lunch

Cheese Burger or BBQ Sandwich, Slaw, Baked Beans, Fruit

Friday, May 3

Breakfast

Sausage Biscuit or Cereal w/Toast or Mini Waffles

Lunch

Pizza or PB&J Sandwich, Corn, Carrots & Celery Sticks w/Dip, Fruit

Monday, May 6

Breakfast

Sausage Biscuit or Cereal w/Toast or Honey Bun

Lunch

Chicken Tenders or Country Fried Steak w/Gravy, Roll, Mashed Potatoes, Broccoli, Fruit

Tuesday, May 7

Breakfast

French Toast Sticks or Biscuit w/Gravy

Lunch

Baked Spaghetti w/Garlic Breadstick or Cheesy Bread w/Marinara Sauce, Garden Salad, Steamed Carrots, Fruit

Wednesday, May 8

Breakfast

Waffle or Pancakes, Honey Bun or Cheesy Scrambled Eggs w/Toast

Lunch

BBQ Plate or Fish Sticks, Macaroni & Cheese, Slaw, Green Beans, Fruit

Thursday, May 9

Breakfast

Chicken Biscuit or Cereal w/Poptart or Cinni Minni

Lunch

Chicken or Sausage Biscuit, Cheesy Eggs, Morning Potatoes, Sliced Tomatoes, Gravy, Fruit

Friday, May 10

Breakfast

Sausage Biscuit or Cereal w/Toast or Mini Waffles

Lunch

Pizza or Yogurt Basket, Corn, Carrots w/Dip, Fruit



Monday, May 13

Breakfast

Sausage Biscuit or
Cereal w/Toast or
Honey Bun

Lunch

Asian Chicken w/Rice
or
Steak & Gravy,
Green Peas,
Collards,
Fruit

Tuesday, May 14

Breakfast

French Toast Sticks
or Biscuit w/Gravy

Lunch

Spaghetti
w/Breadstick,
Garden Salad,
Corn,
Fruit

Wednesday, May 15

Manager's Choice



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

Thursday, May 16

Manager's Choice



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

Friday, May 17

Breakfast

Sausage Biscuit or Cereal
w/Toast or Mini Waffles

Lunch

Pizza
or
PB&J Sandwich,
Carrots w/Dip,
Garden Salad,
Fruit

Monday, May 20

Manager's Choice



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

Tuesday, May 21

Breakfast

French Toast Sticks
or Biscuit w/Gravy

Lunch

Pizza
or
PB&J Sandwich,
Carrots w/Dip,
Garden Salad,
Fruit

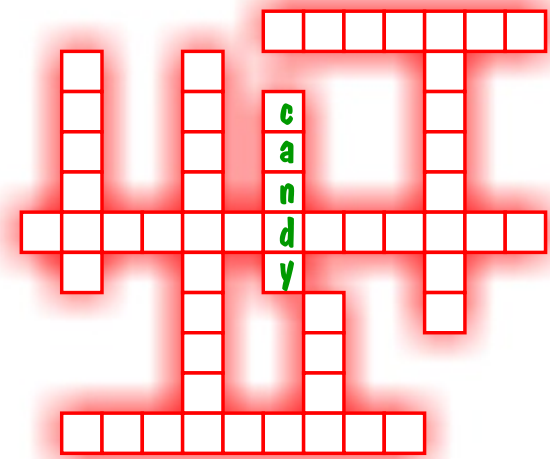


Smile. It's summer!
We'll see you next year. Enjoy!



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

SUMMER MEALS! ALL KIDS EAT FREE!

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.

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