

MENUS FOR OCTOBER 2019

Dawson County Elementary Schools

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

NUTRITION TO GO

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. "Fresh" or uncured ham has fewer additives and is even healthier.

A TASTY MORSEL FOR PARENTS

ARE YOU READY FOR THIS GUY?

The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

OCTOBER IS
Breast Cancer
AWARENESS MONTH

Tuesday, October 1

Breakfast
Assorted Cereal w/Toast or Pop Tart w/Cheese Stick

Lunch
Cheesy Breadstick or Hot Ham & Cheese Sub Sandwich, Lettuce/Tomato, 1/2 Baked Potato, Carrots w/Dip, Fruit

Wednesday, October 2

Breakfast
Chicken Biscuit or Pancake on a Stick

Lunch
Steak Sandwich or Hamburger, Lettuce/Tomato, Curly Fries, Baked Beans, Fruit

Thursday, October 3

Breakfast
Dutch Waffle or Chocolate Chip Muffin w/Cheese Stick

Lunch
Yogurt Basket or Hot Dog, Slaw, Steamed Broccoli, Corn, Fruit

Friday, October 4

Breakfast
Pop Tart w/Cheese Stick or Yogurt w/Grahams & Cheese Stick

Lunch
Cheese or Pepperoni Pizza or Cheese Quesadilla, Black Beans, Garden Salad, Fruit

Oh My Squash!

#ohmysquash October Farm to School Month

GEORGIA ORGANICS

VEGETABLE OF THE MONTH!

Monday, October 7

Breakfast
Dutch Waffle or Chicken Biscuit

Lunch
Chicken Sandwich or BBQ Sandwich, Slaw, Baked Beans, Lettuce/Tomato, Baked Chips, Sidekicks Frozen Fruit Cup

Tuesday, October 8

Breakfast
Gravy Biscuit or Pop Tart w/Cheese Stick

Lunch
Chicken Tenders w/Waffles or Steak w/Roll, Peppered Gravy, Mashed Potatoes, Steamed Broccoli, Garden Salad, Fruit

Wednesday, October 9

Breakfast
Whole Wheat Honey Bun or Egg & Cheese Biscuit

Lunch
Hamburger or Mandarin Orange Popcorn Chicken, Brown Rice, Green Beans, Honey Glazed Carrots, Fruit

Thursday, October 10

Breakfast
Assorted Cereal w/Grahams or Pancake on a Stick

Lunch
Corn Dog or Chili w/Grilled Cheese Sandwich, Tater Tots, Carrots w/Dip, Fruit

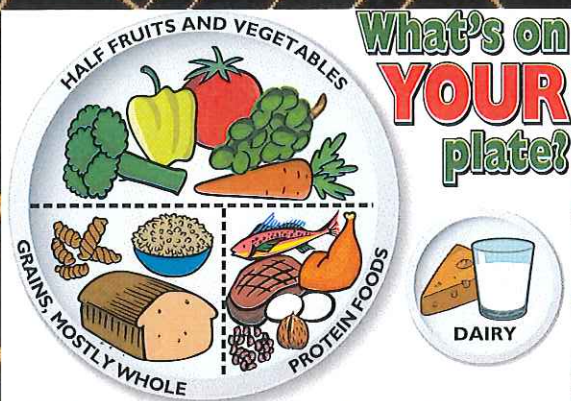
Friday, October 11

Breakfast
Sausage Biscuit or Mini Pancakes

Lunch
Cheese or Pepperoni Pizza or Spaghetti w/Garlic Bread, Garden Salad, Steamed Broccoli, Fruit

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.



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER: _____

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 14

Breakfast

Sausage Biscuit or
Cereal Bar

Lunch

Hamburger w/Cheese
or
BBQ Sandwich,
Slaw,
Potato Smileys,
Baked Beans,
Pickles,
Fruit

Tuesday, October 15

Breakfast

Pop Tart w/Cheese Stick or
Chocolate Chip Muffin
w/Cheese Stick

Lunch

Ham & Cheese Sliders
or
Beef & Cheese Nachos,
Black Beans,
Garden Salad,
Fruit

Wednesday, October 16

Breakfast

Ham Biscuit
or Cereal w/Toast

Lunch

Chicken or Sausage Patty,
Grits,
Toast,
Scrambled Cheesy Eggs,
Sliced Tomatoes,
Seasoned Potatoes,
Fruit

Thursday, October 17

Breakfast

Bacon Biscuit or
Whole Wheat Honey Bun

Lunch

Cheese or Pepperoni Pizza
or
Boneless Hot Wings
w/Garlic Toast,
Corn,
Garden Salad,
Fruit

Friday, October 18

Breakfast

Dutch Waffle or
Cinnamon Bun

Lunch

PB&J Sandwich
or
Ham Sandwich,
Baked Chips,
Carrots w/Dip,
Broccoli w/Dip,
Fruit

Monday, October 21

Breakfast

Cinnamon Roll or
Chicken Biscuit

Lunch

Cheese Nachos
or
Mini Corn Dogs,
Steamed Broccoli,
Black Beans,
Fruit

Tuesday, October 22

Breakfast

Pop Tart w/Cheese Stick
or Whole Wheat Honey Bun

Lunch

Macaroni & Cheese
or
Popcorn Chicken
w/Breadstick,
Spiced Apples,
Oven Fried Okra,
Slaw,
Fruit

Wednesday, October 23

Breakfast

Blueberry Muffin w/Cheese
Stick or Bacon Biscuit

Lunch

Hamburger
or
Hot Dog,
Baked Beans,
Fries,
Lettuce/Tomato,
Fruit

Thursday, October 24

Breakfast

Sausage Biscuit or
Pop Tart w/Cheese Stick

Lunch

Cheese or Pepperoni Pizza
or
Cheese Quesadilla,
Carrots w/Dip,
Corn,
Fruit

Friday, October 25



**No
School
Today**

Monday, October 28

Breakfast

French Toast Stick w/Syrup
or Pop Tart w/Cheese Stick

Lunch

Cheesy Bread Sticks
w/Marinara Sauce
or
Mini Corn Dogs,
Tater Tots,
Broccoli,
Fruit

Tuesday, October 29

Breakfast

Cinnamon Bun or
Cereal Bar

Lunch

Chili Cheese Fritos
or
Chicken Enchiladas,
Garden Salad,
Sautéed Squash,
Corn,
Fruit

Wednesday, October 30

Breakfast

Gravy Biscuit or
Pancake on a Stick

Lunch

Mini Chicken Sliders
or
BBQ Sandwich,
Baked Chips,
Carrots w/Dip,
Baked Beans,
Pickles, Slaw,
Fruit

Thursday, October 31

Breakfast

Chicken Biscuit or
Mini Pancakes

Lunch

Cheese Nachos
or
Hamburger,
Tater Tots,
Black Beans,
Lettuce/Tomato,
Fruit

**YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!**



**STAY ALERT
& BE SAFE!**