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!

Tuesday, September 1

**Breakfast**
Chicken or Sausage Biscuit or French Toast

**Lunch**
Cheesy Breadsticks w/Marinara Sauce, Corn, Broccoli, Garden Salad or Chicken Queso Nachos, Corn, Broccoli, Garden Salad

Wed., September 2

**Breakfast**
Chicken or Sausage Biscuit or Pancake on a Stick

**Lunch**
Chicken Sandwich or BBQ Sandwich, Tater Tots, Lettuce/Tomato, Baked Beans, Steamed Carrots, Slaw

Thursday, September 3

**Breakfast**
Chicken or Sausage Biscuit or Pancakes or Bacon, Egg & Cheese Croissant

**Lunch**
Turkey Club Hoagie, Chips, Celery Sticks w/Dip, Lettuce/Tomato/Pickle Spear or Taquitos, Queso & Chips, Lettuce/Tomato, Refried Beans, Celery Sticks w/Dip

Friday, September 4

**Breakfast**
Chicken or Sausage Biscuit or French Toast

**Lunch**
Chicken Sandwich, Cheeseburger, Fries, Lettuce/Tomato, Baked Beans, Carrots w/Dip

Tuesday, September 8

**Breakfast**
Chicken or Sausage Biscuit or French Toast

**Lunch**
Mozzarella Cheese Sticks w/Marinara Sauce, Corn, Broccoli, Garden Salad or Lasagna, Breadstick, Garden Salad, Broccoli

Wed., September 9

**Breakfast**
Chicken or Sausage Biscuit or Pancake on a Stick

**Lunch**
Chicken Sandwich, Fries, Lettuce Tomato, Celery Sticks w/Dip or Mandarin Orange Popcorn, Chicken, Rice, Green Beans, Mixed Vegetables

Thursday, September 10

**Breakfast**
Chicken or Sausage Biscuit or Pancakes or Bacon, Egg & Cheese Croissant

**Lunch**
Cheeseburger or Hot Dog, Fries, Lettuce/Tomato/Onions, Carrots w/Dip

Friday, September 11

**Breakfast**
Chicken or Sausage Biscuit or French Toast

**Lunch**
Chicken Wings or Fish Sticks, Macaroni & Cheese, Okra, Baked Beans

**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
All meals include a fruit and milk choice.
Daily breakfast choices include:
Whole Grain Honey Bun or Homemade Muffin w/Cheese Stick, Breakfast Pizza, Yogurt Parfait, or Cereal
Daily lunch choices include:
Pre-plated Salad, Pre-plated Chicken Wrap or PB&J Sandwich Meal, or Pizza w/Side Salad, All offered with Baked Potato

Dawson County School Nutrition Program

Don’t 4 Get!
To help keep yourself, your friends, and your family healthy
Please follow our Social Distancing Guidelines!
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
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<tbody>
<tr>
<td>Monday, September 14</td>
<td>Chicken or Sausage Biscuit or Pancakes</td>
<td>Chicken Sandwich or Cheeseburger, Fries, Lettuce/Tomato/Onions, Mashed Potatoes, Broccoli</td>
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<td>Tuesday, September 15</td>
<td>Chicken or Sausage Biscuit or French Toast</td>
<td>Chicken &amp; Waffles or Chicken Tenders &amp; Roll, Mashed Potatoes, Broccoli</td>
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<td>Wednesday, September 16</td>
<td>Chicken or Sausage Biscuit or Pancake on a Stick</td>
<td>Cheeseburger, Fries, Lettuce/Tomato/Onions, Celery Sticks w/Dip or Burrito, Black Beans &amp; Corn, Salsa/Peppers, Baked Potato</td>
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<td>Thursday, September 17</td>
<td>Chicken or Sausage Biscuit or Pancakes or Bacon, Egg &amp; Cheese Croissant</td>
<td>Corn Dogs, Sweet Potato Fries, Baked Beans, Slaw or Taquitos, Queso &amp; Chips, Lettuce/Tomato, Black Beans, Carrots w/Dip</td>
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<tr>
<td>Friday, September 18</td>
<td>Chicken or Sausage Biscuit or French Toast</td>
<td>Turkey Club Hoagie, Baked Chips, Lettuce/Tomato/Pickle Spear, Carrots w/Dip or Taquitos, Queso &amp; Chips, Lettuce/Tomato, Black Beans, Carrots w/Dip</td>
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**Fall Break**

No School

Break begins at the end of classes: Wednesday, Sept. 23

Classes Resume: Tuesday, Sept. 29

**Georgia Harvest of the Month!**

**SEPTEMBER**

Apples

Celebrate PEANUTS