

Dawson County
Elementary Schools

MENUS FOR MARCH 2024

This institution is an equal
opportunity provider
and employer.



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: Skim or 1% flavored or unflavored milk.

FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

Kids! Be there March 4-8 for National School Breakfast Week 2024



come join us for Breakfast@School

Monday, March 4

Breakfast

Sausage Biscuit or
Cereal w/Toast

Lunch

Chicken Sandwich
or
Meatball Sub Sandwich,
Smiley Fries,
Baked Beans,
Fruit

Tuesday, March 5

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

Wednesday, March 6

Breakfast

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

Lunch

Mini Corn Dogs
or
Pizza,
Fries,
Baked Beans,
Fruit

Thursday, March 7

Breakfast

Chicken Biscuit or
Cereal w/Poptart

Lunch

Cheeseburger
or
Cheese Hot Dog,
Sweet Potato Fries,
Slaw,
Fruit

Friday, March 8



**No
School
Today**

NUTRITION TO GO

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR PARENTS



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

**Spring
Forward**



**Sunday,
March 10**

Monday, March 11

Breakfast

Sausage Biscuit or Cereal w/Toast

Lunch

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

Tuesday, March 12

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, March 13

Breakfast

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

Lunch

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

Thursday, March 14

Breakfast

Chicken Biscuit or Cereal w/Poptart

Lunch

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

Friday, March 15

Breakfast

Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast

Lunch

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

Monday, March 18

Breakfast

Sausage Biscuit or Cereal w/Toast

Lunch

Asian Chicken w/Rice or Steak & Gravy, Green Beans, Honey Glazed Carrots, Fruit

Tuesday, March 19

Breakfast

French Toast Sticks or Biscuit w/Gravy

Lunch

Walking Tacos (Chicken or Beef), Lettuce/Tomato Cup, Refried Beans w/Queso, Fruit

Wednesday, March 20

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, March 21

Breakfast

Chicken Biscuit or Cereal w/Poptart

Lunch

Cheesy Breadsticks w/Marinara Sauce or Chicken Alfredo w/Garlic Breadstick, Corn, Broccoli, Fruit

Friday, March 22

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, March 25

Breakfast

Sausage Biscuit or Cereal w/Toast

Lunch

Cheeseburger or Hot Ham & Cheese Sandwich, Baked Beans, Okra, Fruit

Tuesday, March 26

Breakfast

French Toast Sticks or Biscuit w/Gravy

Lunch

Boneless Buffalo Chicken or Chili Macaroni, Baked Potato, Celery Sticks w/Dip, Fruit

Wednesday, March 27

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, March 28

Breakfast

Chicken Biscuit or Cereal w/Poptart

Lunch

Chicken Sandwich or BBQ Sandwich, Sweet Potato Fries, Slaw, Fruit

Friday, March 29

Breakfast

Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast

Lunch

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



What did the Teddy Bear say when he was offered dessert?



“No, thanks. I’m stuffed!” Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

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

