

**Dawson County
Junior High School**

MENUS FOR MARCH 2024

This institution is an equal opportunity provider and employer.

AVAILABLE DAILY

Daily breakfast choices include:
Honey Bun, Cereal, or Yogurt Parfait

Daily lunch choices include:
Pizza w/Choice of Vegetable or Side Salad served Monday, Wednesdays & Fridays
Pre-plated PB&J Sandwich Boxes served Tuesdays & Thursdays
Lunch and breakfast meals include a fruit or fruit juice, and a choice of milk.

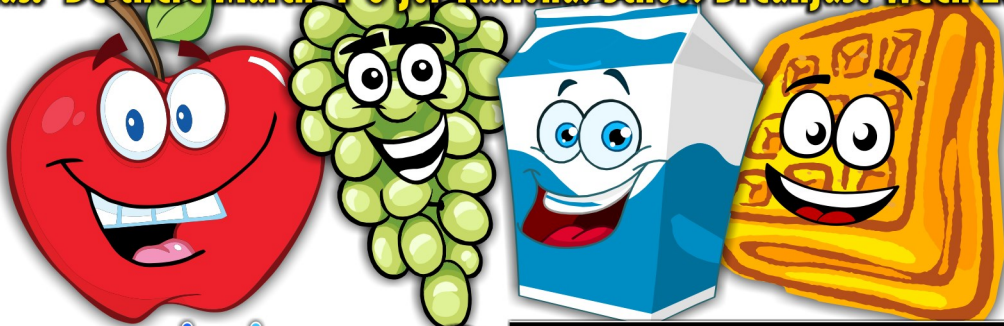
FIRST THINGS FIRST!

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

Chicken or Sausage Biscuit or French Toast

Lunch

Chicken Sandwich or Meatball Sub Sandwich, Tater Tots, Lettuce/Tomato, Carrots

Tuesday, March 5

Breakfast

Chicken Biscuit or Breakfast Pizza

Lunch

Queso Beef Nachos or Queso Chicken Nachos, Spanish Rice, Refried Beans, Street Corn, Salsa/Peppers

Wednesday, March 6

Breakfast

Chicken or Sausage Biscuit or Pancake Bites

Lunch

Chili Cheese Dog or Hot Ham & Cheese Croissant, Fries, Celery Sticks w/Dip, Slaw

Thursday, March 7

Breakfast

Chicken Biscuit or French Toast

Lunch

Spaghetti w/Garlic Bread or Chicken Noodle Soup w/Grilled Cheese, Corn, Garden Salad

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

Chicken or Sausage Biscuit
or French Toast

Lunch

Oriental Chicken
or
Hamburger Steak & Gravy,
Steamed Rice,
Honey Glazed Carrots,
Green Beans

Tuesday, March 12

Breakfast

Chicken Biscuit
or Breakfast Pizza

Lunch

BBQ Sandwich
or
Chicken Sandwich,
Fries,
Slaw,
Lettuce/Tomato

Wednesday, March 13

Breakfast

Chicken or Sausage Biscuit
or Pancake Bites

Lunch

Corn Dog
or
Cheeseburger,
Sweet Potato Fries,
Lettuce/Tomato,
Baked Beans

Thursday, March 14

Breakfast

Chicken Biscuit
or French Toast

Lunch

Cheesy Breadsticks
w/Marinara Sauce
or
Chili w/Grilled Cheese
Sandwich,
Baked Sweet Potato,
Celery Sticks w/Dip,
Broccoli

Friday, March 15

Breakfast

Chicken or Sausage Biscuit
or Pancake Bites

Lunch

Beef Taco Salad
or
Chicken Wraps,
Spanish Rice,
Corn,
Refried Beans,
Lettuce/Tomato,
Salsa/Peppers

Monday, March 18

Breakfast

Chicken or Sausage Biscuit
or French Toast

Lunch

Chicken Parmesan
or
Spaghetti,
Breadstick,
Garden Salad,
Broccoli

Tuesday, March 19

Breakfast

Chicken Biscuit
or Breakfast Pizza

Lunch

Potato Bar w/Chili & Fixings,
Grilled Cheese Sandwich
or
Turkey Club Croissant,
Baked Chips,
Lettuce/Tomato,
Celery Sticks w/Dip,
Baked Beans

Wednesday, March 20

Breakfast

Chicken or Sausage Biscuit
or Pancake Bites

Lunch

Fish Sticks
or
Chicken Nuggets,
Macaroni & Cheese,
Slaw,
Baked Beans,
Honey Roasted Carrots

Thursday, March 21

Breakfast

Chicken Biscuit
or French Toast

Lunch

Chicken Tenders
w/Roll or Waffles,
Mashed Potatoes,
Collard Greens

Friday, March 22

Breakfast

Chicken or Sausage Biscuit
or Pancake Bites

Lunch

Chicken Sandwich,
Fries,
Lettuce/Tomato
or
Chili Cheese Fries,
Roll,
Carrots,
Garden Salad

Monday, March 25

Breakfast

Chicken or Sausage Biscuit
or French Toast

Lunch

Boneless Buffalo Chicken
or
Hamburger Steak w/Gravy,
Roll,
Green Peas,
Mashed Potatoes,
Slaw

Tuesday, March 26

Breakfast

Chicken Biscuit
or Breakfast Pizza

Lunch

Chili Macaroni,
Breadstick,
Broccoli,
Honey Glazed Carrots
or
Mini Corn Dogs,
Broccoli,
Sweet Potato Fries

Wednesday, March 27

Breakfast

Chicken or Sausage Biscuit
or Pancake Bites

Lunch

Cheeseburger
or
Chicken Sandwich,
Fries,
Baked Beans,
Lettuce/Tomato

Thursday, March 28

Breakfast

Chicken Biscuit
or French Toast

Lunch

Queso Beef Nachos
or
Queso Chicken Nachos,
Spanish Rice,
Refried Beans,
Street Corn,
Salsa/Peppers

Friday, March 29

Breakfast

Chicken or Sausage Biscuit
or Pancake Bites

Lunch

Hamburger Casserole
or
Chicken Alfredo,
Roll,
Broccoli,
Baked Sweet Potato



**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

