

**Dawson County
Middle School**

MENUS FOR MARCH 2024

This institution is an equal opportunity provider and employer.

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.

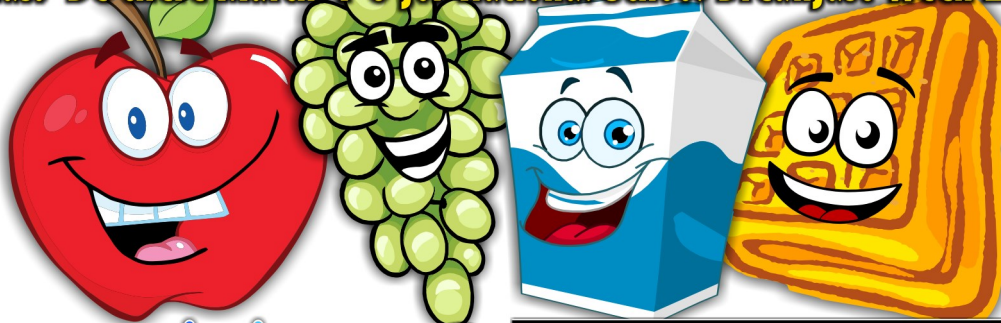
FIRST THINGS FIRST!

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

Friday, March 1
Breakfast
 Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast
Lunch
 Pizza or Yogurt Basket, Corn, Carrots & Celery Sticks w/Dip, Fruit

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

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

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

