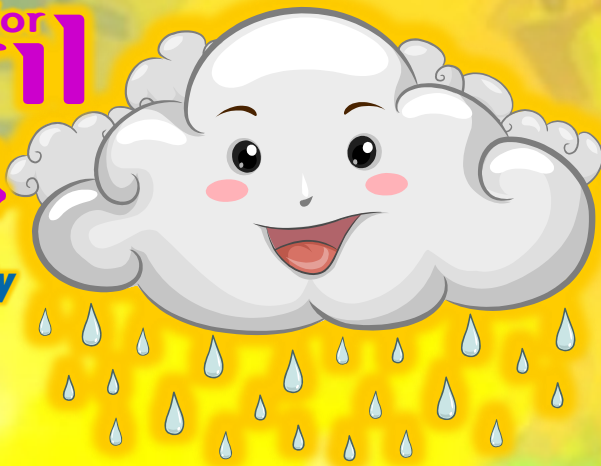


Menus for April 2024

Dawson County Junior High School



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

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



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

What's on YOUR plate?

HALF FRUITS AND VEGETABLES
GRAINS, MOSTLY WHOLE
PROTEIN FOODS
DAIRY

Now Appearing...

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:
Friday, March 29

Classes resume:
Monday, April 8

NUTRITION TO GO

Asparagus lovers debate whether thin or thick spears are better. The answer? It's really just a matter of personal preference. Thinner spears aren't younger or fresher - they just grow farther out from the central plant. Whether you like thick or thin, avoid shriveled stalks or mushy heads.

A QUICK BITE FOR PARENTS

Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
Breakfast Chicken or Sausage Biscuit or French Toast	Breakfast Chicken Biscuit or Breakfast Pizza	Breakfast Chicken or Sausage Biscuit or Pancake Stick	Breakfast Chicken Biscuit or French Toast	Breakfast Chicken or Sausage Biscuit or Pancake Stick
Lunch Chicken Sandwich or Meatball Sub Sandwich, Fries, Lettuce & Tomato, Carrots	Lunch Queso Beef Nachos or Queso Chicken Nachos, Spanish Rice, Refried Beans, Street Corn, Salsa/Peppers	Lunch Cheesy Breadsticks or Chicken Parmesan w/Breadstick, Garden Salad, Green Beans	Lunch Hog Dog or Hot Ham & Cheese Croissant, Fries, Celery Sticks w/Dip, Slaw	Lunch Baked Spaghetti, Breadstick, Garden Salad, Baked Sweet Potato or Cheeseburger, Baked Sweet Potato, Lettuce/Tomato, Baked Beans

We're still a bargain!

Breakfast **Lunch**
\$1.50 **\$2.65**

Get in touch with us today to learn more about free and reduced-price meals in our district:
 706-265-3246 or rgilleland@dawson.k12.ga.us

Monday, April 15
Breakfast
 Chicken or Sausage Biscuit or French Toast
Lunch
 Oriental Chicken or Hamburger Steak & Gravy, Steamed Rice, Honey Glazed Carrots, Green Beans

Tuesday, April 16
Breakfast
 Chicken Biscuit or Breakfast Pizza
Lunch
 BBQ Sandwich or Chicken Sandwich, Fries, Slaw, Lettuce/Tomato

Wednesday, April 17
Breakfast
 Chicken or Sausage Biscuit or Pancake Stick
Lunch
 Corn Dog or Cheeseburger, Sweet Potato Fries, Lettuce/Tomato, Baked Beans

Thursday, April 18
Breakfast
 Chicken Biscuit or French Toast
Lunch
 Hamburger Casserole w/Roll, Baked Sweet Potato, Broccoli or Ham & Cheese Croissant, Baked Chips, Lettuce/Tomato, Broccoli

Friday, April 19
Breakfast
 Chicken or Sausage Biscuit or Pancake Stick
Lunch
 Beef Taco Salad or Asian Street Tacos, Spanish Rice, Corn, Refried Beans, Lettuce/Tomato, Salsa/Peppers



Monday, April 22
Breakfast
 Chicken or Sausage Biscuit or French Toast
Lunch
 Chicken Alfredo or Spaghetti, Breadstick, Garden Salad, Broccoli

Tuesday, April 23
Breakfast
 Chicken Biscuit or Breakfast Pizza
Lunch
 Chili Cheese Dog or Cheeseburger, Fries, Lettuce/Tomato, Celery Sticks w/Dip, Baked Beans

Wednesday, April 24
Breakfast
 Chicken or Sausage Biscuit or Pancake Stick
Lunch
 Fish Sticks or Chicken Nuggets, Macaroni & Cheese, Slaw, Baked Beans, Honey Roasted Carrots

Thursday, April 25
Breakfast
 Chicken Biscuit or French Toast
Lunch
 Chicken Tenders w/Roll or Waffles, Mashed Potatoes, Green Beans

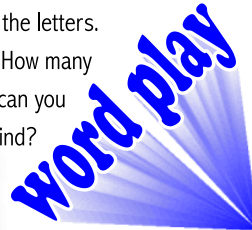
Friday, April 26
Breakfast
 Chicken or Sausage Biscuit or Pancake Stick
Lunch
 Chicken Sandwich, Fries, Lettuce/Tomato or Chili Cheese Fries, Roll, Carrots, Garden Salad

THEREIN

The word "therein" (pronounce it like it's two words, "there" and "in") is special. It's the shortest word in the English

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language that contains TEN other smaller words without rearranging any of the letters. How many can you find?



the, there, he, her, here, herein, ere, re, rein, in

Monday, April 29
Breakfast
 Chicken or Sausage Biscuit or French Toast
Lunch
 Boneless Buffalo Chicken or Hamburger Steak & Gravy, Roll, Green Peas, Mashed Potatoes, Slaw

Tuesday, April 30
Breakfast
 Chicken Biscuit or Breakfast Pizza
Lunch
 Chili Macaroni, Breadstick, Broccoli, Honey Glazed Carrots or Mini Corn Dogs, Broccoli, Sweet Potato Fries

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.

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