

Available Daily

The new "Rebel Munchbox " is a complete meal which includes a variety of proteins, a serving of whole grain and a serving of fruit or vegetable.

Students may add additional fruits&vegetables to complement the meal.

A choice of milk is available each day including non-fat unflavored, vanilla, and chocolate and 1% unflavored.

Si es necesario que esta información sea traducida en su idioma, por favor de comunicarse con la escuela de su hijo.

The original value meal & still a fantastic deal!

Breakfast

Lunch

FREE \$3.00

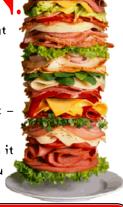
Get in touch with us today to learn more about free and reduced-price meals in our district:
706-258-2619 or mwilliams@fannin.k12.ga.us

The Morning Paper

How does a dog know what's going on in the world? Through his nose, of course! So when you walk a dog in the morning, and he's sniffing more than usual? A lot's happened overnight - he's just reading the morning newspaper!



We've often told you all about the many benefits of filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget – the SIZE of the plate and the AMOUNT of food you put on it matters, too. Enjoy what you eat, but try no to over-do it!



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

Featured Specials of the Day

Friday, September 1

Griller Hamburger, Mac & Cheese w/ WG Roll, Munchbox All American, Munchbox Power Pack, Baked Sweet Potato, Green Beans, Side Salad, Grape Juice, Peaches

Monday, September 4

* LABOR DAY*

Emergency Make Up Day

Tuesday, September 5

Chicken Nuggets w/Waffle, Griller Hamburger, Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli, Fresh Veggie Dippers, Fruit Punch, Blueberries w. Whipped Topping

Wednesday, September 6

Stuffed Crust Pizza, Beef Hot Dog, Munchbox Power Pack, Seasoned Potatoes Wedges, Baby Carrots, Side Salad, Orange Juice, Banana

Thursday, September 7

Beef & Cheese Nachos, Italian Bird Dog, Thai Chicken Salad, Roasted Spicy Sweet Potatoes, Black Beans, Side Salad, Apple Juice, Seasonal Fresh Fruit

Friday, September 8

Mac & Cheese w/ Buffalo Bites, Mac & Cheese w/ WG Roll, Munchbox Italiano or Power Pack, Corn, Side Salad, Fresh Veggie Dipper Grape Juice, Pears

MY SCHOOL APPS

FREE & REDUCED
MEAL
APPLICATION
OR CODE



Featured Specials of the Day

Monday, September 11

Chili w/Tortilla Chips, Retro Pepperoni Pizza, Munchbox Power Pack Baked Potato, Fresh Veggie Dippers, Corn, Cheese Cup, Apple Juice, Strawberry Cup

Tuesday, September 12

Popcorn Chicken w/Roll, Griller Hamburger, Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli, Fresh Veggie Dippers, Fruit Punch Juice, Fresh Apple Slices

Wednesday, September 13

Cheesy Twiz Stick w/Marinara, Beef Hotdog, Munchbox Power Pack, Tater Tots, Green Beans, Fresh Veggie Dippers, Orange Juice, Banana

Thursday, September 14

Chicken Fajita Nachos, Italian Bird Dog, Thai Chicken Salad, Baked Sweet Potato, Corn, Side Salad, Apple Juice, Seasonal Fresh Fruit

Friday, September 15

Mac & Cheese w/ Beef Steak, Mac & Cheese w/ WG Roll, Munchbox All American or Power Pack Broccoli, Fresh Veggie Dippers, Side Salad, Grape Juice, Peaches

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure



make a habit of choosing water instead of soda.

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9/11/2001♦*We Remember*

Sept. 11, 2001



In eternal remembrance of the victims, in continued support of their families, and in undying gratitude to the heroes.

Featured Specials of the Day

Monday, September 18

Chicken Filet Sandwich, Retro Pepperoni Pizza, Munchbox Power Pack, Peas, Corn, Side Salad, Apple Juice, Peach Cup

Tuesday, September 19

Chicken Nuggets w/Waffle, Griller Hamburger, Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli, Fresh Veggie Dippers, Fruit Punch, Blueberries W/Whipped Topping

Wednesday, September 20

Cheese Pizza Bagel Bites, Beef Hotdog, Munchbox Power Pack, Fresh Veggie Dippers, Baby Carrots, Side Salad, Orange Juice, Banana

Thursday, September 21

BBQ Pork Sandwich, Carolina Bird Dog, Thai Chicken Salad, Seasoned Potato Wedges, Black-eyed Peas, Side Salad, Pickles, Apple Juice, Seasonal Fresh Fruit

Friday, September 22

Fish Sticks w/Macaroni & Cheese, Mac & Cheese w/ Roll, Munchbox Italiano or Power Pack, Corn, Fresh Veggie Dippers. Green Beans, Grape Juice, Pears

Featured Specials of the Day

Monday, September 25

Chicken Alfredo w/Breadstick, Retro Pepperoni Pizza, Munchbox Power Pack, Corn, Green Peas, Side Salad, Apple Juice, Strawberry Cup

Tuesday, September 26

Popcorn Chicken w/Rolls, Griller Hamburger, Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli, Side Salad, Fruit Punch Juice, Fresh Apple Slices



Fall **Break**

Break begins at the end of classes: Tuesday, Sept. 26 **Classes Resume:** Monday, Oct. 2



September 19 is "International Talk Like a Pirate" Day

> But EVERY DAY is "Drink Your Milk" day! And we've got you covered with these great milk selections to choose from with all complete meals:

Nonfat Chocolate Nonfat Strawberry Lowfat White

Please see reverse for items available daily