

# MENUS FOR SEPTEMBER 2023

**Fannin County Middle School**

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

## 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](mailto:mwilliams@fannin.k12.ga.us)



## MODERATION.

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  
QR 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



water throughout the day, and try to make a habit of choosing water instead of soda.

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



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 Filer 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



**Emergency Make Up Days**

## Fall Break No School

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

**"ARRR!"**



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**