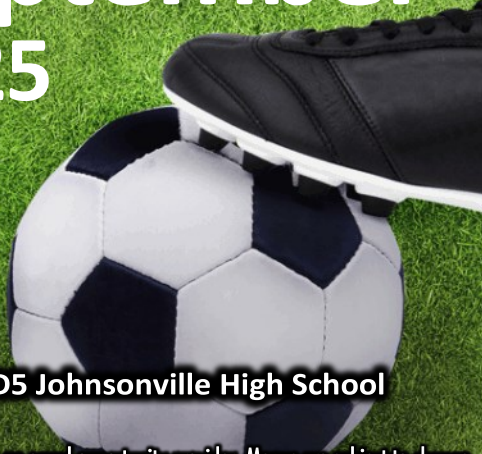


Menus for September 2025



FSD5 Johnsonville High School

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

Breakfast Daily

Monday/Wednesday - **Grits and Eggs**

Tuesday/Thursday - **Biscuits and Gravy**

Friday - **Breakfast Sandwich**

Fruit and Milk Choice Available Daily

Lunch Daily

Salad Bar

Uncrustable

Fruit and Milk Choice

Featured Specials of the Day

Monday, September 1



Tuesday, September 2

Mexican Pizza Beans, Baby Carrots, Salsa

Wednesday, September 3

Pork Carnitas or Fried Shrimp

Cheese Grits, Biscuit

Mix Vegetables

Thursday, September 4

Buffalo Wings

Tater Tots, Green Beans

Roll

Friday, September 5

Pizza

Corn, Carrots w/ Ranch



Featured Specials of the Day

Monday, September 8

Pork Chop Sandwich

French Fries

Cucumber Slices

Tuesday, September 9

Beef Tacos or Walking Tacos

Beans, Shredded Let and Tom

Wednesday, September 10

Fish Sticks

Mashed Potatoes, Roll

Mix Vegetables

Thursday, September 11

Popcorn Chicken

Tater Tots, Cherry Tomatoes

Roll

Friday, September 12

Hot Dog

Beans

French Fries

EAT YOUR WATER.

Your go-to choice for

hydration should

be good old

H₂O. But

foods like

water-

melon (of

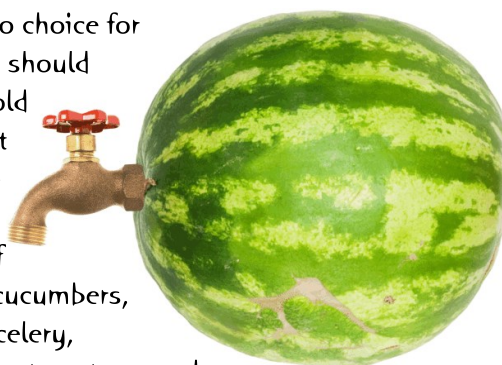
course), cucumbers,

peppers, celery,

cauliflower, tomatoes, and

strawberries are all more than 90% water and can

help you hydrate AND feel more full, too.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

please see other page for items available daily

Where do all of our crazy names for food come from?



WORDS OF MOUTH

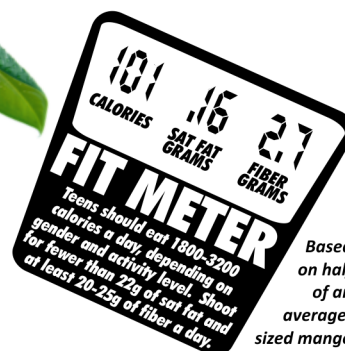
This month: "Picnic"

Picnic" comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.

eatfit

wanna stay fit?
gotta eat right!

item:
red fruits & veggies
verdict:
reach for the red



tip: Red and orange fruits and veggies – like this mango -- are delicious and good for you in so many ways. For instance, red and orange fruits and veggies like mangoes, tomatoes, red peppers, carrots, and pink and red grapefruits contain a fantastic substance called "lycopene" which, among other wonderful things, helps protect your skin from sunburn!

59 BY THE NUMBERS
THE PERCENTAGE OF AMERICANS WHO LIVE IN THE STATE THEY WERE BORN IN, AS OF THE 2019 CENSUS.

Featured Specials of the Day

Monday, September 22

Chick-Filet Sandwich
French Fries
Let & Tom

Tuesday, September 23

Hard Taco or Walking Taco
Black Beans, Shredded Let & Tom
Salsa, Sour Cream & Cheese

Wednesday, September 24

Country Fried Steak
Mashed Potatoes, Corn
Roll

Thursday, September 25

Garlic Parm Wings
Green Beans, Veggie Sticks

Friday, September 26

Corn Dog
French Fries
Carrots w/ Ranch

Monday, September 29

Fish Sandwich
Salad w/ Ranch, French Fries

Tuesday, September 30

Mexican Pizza or
Chicken Empanada
Beans, Baby Carrots, Salsa

70 BY THE NUMBERS
PERCENT INCREASE IN RISK OF DIABETES FOR U.S. MEN WHEN THEIR WAIST SIZE EXCEEDS 34"