

# Menus for September 2022

Fannin County Middle School

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

## Available Daily

The "Rebel Power Pack" includes yogurt, string/cheddar cheese, saltine crackers, and whole grain Gold Fish or Elf Graham crackers.

Students may add fruit, vegetable, & milk to complete the meal.

A choice of milk is available each day. The choices include 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.

## Featured Specials of the Day

### Thursday, September 1

Chili w/Saltines, Boom-Boom Chicken Sub, Turkey & Cheese Sandwich, Baked Potato, Side Salad, Celery Sticks, Cheese Cup, Apple Juice, Seasonal Fresh Fruit

### Friday, September 2

Cheese Pizza, Cheeseburger, South Western Chicken Salad, Corn, Baby Carrots, Side Salad, Grape Juice, Sliced Pears

### Monday, September 5

★ **LABOR DAY** ★  
Emergency Make Up Day

### Tuesday, September 6

Chicken Nuggets w/Waffles, Meatball Sub, Ham & Cheese Sandwich, Creamed Potatoes, Gravy, Broccoli, Pinto Beans, Fruit Punch, Blueberries w. Whipped Topping

### Wednesday, September 7

Chicken Filet Sandwich, Retro Sausage Pizza, Asian Chicken Salad, Seasoned Potato Wedges, Lettuce & Tomato Tray, Pickles, Fresh Red & Green Pepper Strips,

### Thursday, September 8

Hamburger, Mini Corn Dogs, Ham & Cheese Sandwich, Baked Sweet Potato, Green Beans, Side Salad, Apple Juice, Seasonal Fresh Fruit

### Friday, September 9

Stuffed Crust Pepperoni Pizza, Fish Sticks w/Macaroni & Cheese, Southwestern Chicken Salad, Corn, Baby Carrots, Side Salad, Grape Juice, Applesauce

## BACK TO THE FUTURE

Like that great old movie, that's where our School Meals program is headed this year: back to pre-pandemic days. **BREAKFAST WILL STILL BE SERVED AT NO COST FOR ALL STUDENTS.** We will again be asking families that may qualify for free or reduced lunch to please apply, while other students will resume paying for lunch.

We're glad that, in the year ahead, we will again be able to focus primarily on what has always been our core mission: providing the good nutrition that your kids need to learn well in class.

We also know that the challenges of our pandemic-era operations – shortages, supply chain issues, rising costs for food, material, staff, energy, etc. – are not going away. Your family faces those challenges, too, so you know what we're saying. And like your family, we're going to face those challenges head on and do what we have to do for kids. We have always emphasized quality, service, convenience, and healthfulness, and that won't change one bit moving forward.

But first, we encourage you to apply for free meals by scanning the QR code to the right. Please do not hesitate to contact us with any questions by email at [mwilliams@fannin.k12.ga.us](mailto:mwilliams@fannin.k12.ga.us) OR call 706-258-2619.



**School Meals**  
We serve education every day™

# eat fit

wanna stay fit?  
gotta eat right!

**item:** water **verdict:** ripped  
**tip:** Use water to power your workouts –

and your life. Try to drink at least 6-8 8-ounce servings of water a day. No matter how much you drink, it always adds up to zero calories. So try having agua instead of soda or other high-calorie, low-nutrition drinks as often as possible!



## Featured Specials of the Day

### Monday, September 12

Chicken Fajita Nachos, Corndog, Turkey & Cheese Wrap,  
Refried Beans, Corn, Lettuce & Diced Tomato,  
Apple Juice, Strawberry Cup

### Tuesday, September 13

Popcorn Chicken w/Rolls, Retro Cheese Pizza,  
Turkey & Cheese Sandwich, Creamed Potatoes, Gravy, Broccoli,  
Side Salad, Fruit Punch Juice, Fresh Apple Slices

### Wednesday, September 14

BBQ Pork Sandwich, Beef Hotdog, Asian Chicken Salad,  
Tater Tots, Baked Beans, Cole Slaw, Pickles,  
Orange Juice, Banana

### Thursday, September 15

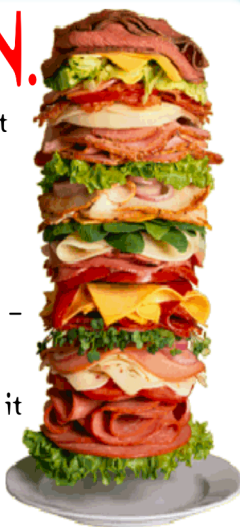
Sausage Pizza, Chicken Filet Sandwich,  
Turkey & Cheese Sandwich,  
Potato Smiles, Green Beans, Side Salad, Pickles,  
Apple Juice, Seasonal Fresh Fruit

### Friday, September 16

Beef Taco w/ Cheese Cup, Cheeseburger,  
Southwestern Chicken Salad,  
Corn, Baby Carrots, Side Salad,  
Grape Juice, Peaches

## 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 not to over-do it!



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

# September 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 19

Chicken Alfredo w/Breadstick, Hamburger,  
Ham & Cheese Wrap,  
Peas, Baked Sweet Potato, Side Salad, Pickles,  
Apple Juice, Mixed Berry or Peach Cup

### Tuesday, September 20

Chicken Nuggets w/ Waffle, Retro Sausage Pizza,  
Ham & Cheese Sandwich,  
Creamed Potatoes, Gravy, Broccoli, Pinto Beans,  
Fruit Punch Juice, Blueberries w/ Whipped Topping

### Wednesday, September 21

Spaghetti w/Beef Sauce, Beef Burrito,  
Asian Chicken Salad,  
Green Beans, Side Salad, Sliced Cucumbers,  
Orange Juice, Banana

### Thursday, September 22

Chicken Filet Sandwich, Beef Hot Dog,  
Ham & Cheese Sandwich,  
Tater Tots, Baked Beans, Cole Slaw,  
Apple Juice, Seasonal Fresh Fruit

### Friday, September 23

Cheese Pizza, Hamburger, Southwestern Chicken Salad  
Corn, Baby Carrots, Side Salad,  
Grape Juice, Applesauce

Please see other page  
for items available daily

## Featured Specials of the Day

### Monday, September 26

BBQ Pork Sandwich, Beef Hotdog, Turkey & Cheese Wrap,  
Tater Tots, Baked Beans, Cole Slaw, Pickles,  
Apple Juice, Strawberry Cup

### Tuesday, September 27

Popcorn Chicken w/Rolls, Retro Pepperoni Pizza,  
Turkey & Cheese Sandwich,  
Creamed Potatoes, Gravy, Broccoli,  
Side Salad, Fruit Punch Juice, Fresh Apple Slices

## Fall Break No School

Break begins at  
the end of classes:  
**Tuesday, Sept. 28**  
Classes Resume:  
**Tuesday, Oct. 4**



## Make the healthy, economical choice!

**Breakfast**      **Lunch**

# FREE \$2.60

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