

# SEPTEMBER 2023

Dawson Springs

This Institution is an equal opportunity provider



Monday

Tuesday

Wednesday

Thursday

Friday



1

Pizza or Corndog,  
Corn, Baby Carrots,  
Side Salad, Fruit or  
Sidekick, Cookie & Milk

8

Pizza or Corndog,  
Corn, Baby Carrots,  
Side Salad, Fruit or  
Sidekick, Cookie & Milk

15

Pizza or Corndog,  
Corn, Baby Carrots,  
Side Salad, Fruit or  
Sidekick, Cookie & Milk

22

Pizza or Corndog,  
Corn, Baby Carrots,  
Side Salad, Fruit or  
Sidekick, Cookie & Milk

29

Pizza or Corndog,  
Corn, Baby Carrots,  
Side Salad, Fruit or  
Sidekick, Cookie & Milk

4

Labor Day

5

Chicken Alfredo w/Garlic Bread, or Rib Sandwich, Peas & Carrots, Cali Veggies, Side Salad, Fruit or Juice & Milk

6

Chicken Fried Steak or Chicken Drumstick, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

7

Beef & Cheese Nachos or Mac & Cheese, Refried Beans, Fiesta Veggies, Lettuce/Tomato Cup, Fruit or Juice & Milk

11

Grilled Cheese or Rib Sandwich, Tater Tots, Broccoli, Coleslaw, Tomato Soup, Fruit, or Juice & Milk

12

Chicken Filet Sandwich or Spicy Chicken Sandwich, Baby Bakers, Glazed Carrots, Lettuce/Tomato, Fruit or Juice & Milk

13

Chicken Fried Steak or Meatloaf, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

14

Hamburger or Cheeseburger, Fries, Pork-n-Beans, Lettuce/Tomato, Fruit or Juice & Milk

18

Chicken Nuggets or General TSO's Chicken w/Rice, Tater Tots, Stir Fry Veggies, Side Salad, Roll, Fruit or Juice & Milk

19

Rotini w/Garlic Bread, or Meatball Sub, Baby Bakers, Corn on the Cob, Side Salad, Fruit or Juice & Milk

20

Chicken Fried Steak or Chicken Drumstick, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

21

Chicken Fajita or Crispito w/Queso, Fiesta Veggies, Refried Beans, Salsa & Chips, Fruit or Juice & Milk

25

BBQ Sandwich or Hotdog, Tater Tots, Baked Beans, Coleslaw, Fruit or Juice & Milk

26

Lasagna w/Garlic Bread, or Calzone w/Marinara, Corn on the Cob, Broccoli, Side Salad, Fruit or Juice & Milk

27

Chicken Fried Steak or Turkey, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

28

Tacos or Chicken Quesadilla, Fiesta Veggies, Refried Beans, Salsa & Chips, Fruit or Juice & Milk

**Daily Breakfast Items: Cereal, Poptarts, Fruit, Juice & Milk**

- Monday: Sausage Biscuit or Mini Pancakes
- Tuesday: Breakfast Pizza or Cinnamon Roll
- Wednesday: Egg & Cheese Biscuit or Mini Donuts
- Thursday: Chicken Biscuit or Banana Bread
- Friday: Sausage Pancake on a Stick

**Daily Lunch Menu Items Include:**

All of these options come with Vegetable, Fruit & Milk

\*Menu is subject to change without notice\*

- Yogurt or Beef Sticks, String Cheese Stick, Muffin & Cheez-its
- Ham & Cheese Sandwich
- Ham or Turkey & Cheese Wrap
- Pizza Lunchable
- Chef Salad w/Roll