

Menus for September 2025



FSD5 Johnsonville Middle 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

Big Salad

Turkey Wrap or Uncrustable(pf)

Fruit and Milk Choice

Featured Specials of the Day

Monday, September 1

★ **LABOR DAY** ★

Tuesday, September 2

Mexican Pizza Beans, Baby Carrots, Salsa

Wednesday, September 3

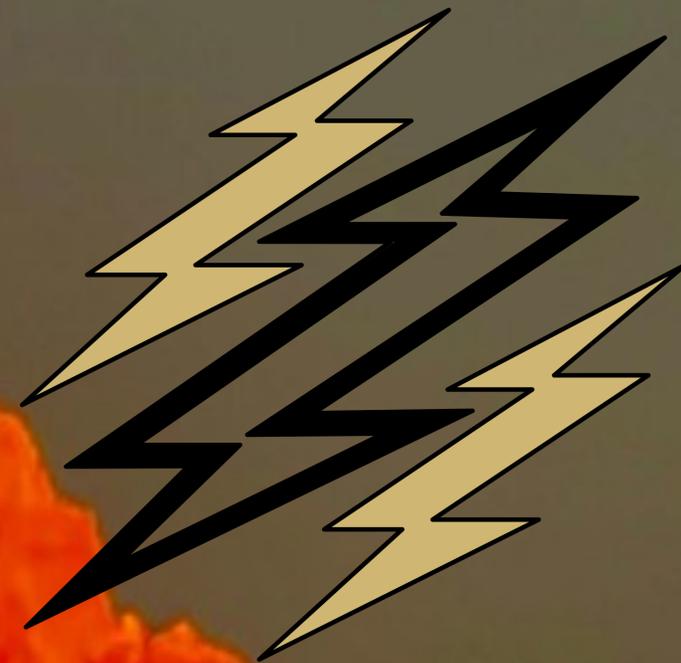
Pork Carnitas or Fried Shrimp
Cheese Grits, Biscuit
Mix Vegetables

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

Chicken Patty
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.

Featured Specials of the Day

Monday, September 15

Cheeseburger
French Fries
Beans, Let & Tom

Tuesday, September 16

Chicken Enchiladas
Pinto Beans
Shredded Let and Tom

Wednesday, September 17

Beef Stroganoff
Yams, Roll
Small Salad

Thursday, September 18

Teriyaki Chicken w/ Rice
Broccoli w/ Cheese,
Carrots w/ Ranch

Friday, September 19

Turkey and Cheese Croissant
Let & Tom, Chips

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

Popcorn Chicken
Salad w/ Ranch, French Fries

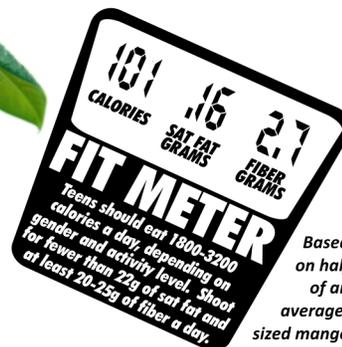
Tuesday, September 30

Mexican Pizza or
Chicken Empanada
Beans, Baby Carrots, Salsa

eat fit

wanna stay fit?
gotta eat right!

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



Based on half of an average-sized mango

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!

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