

SEPTEMBER 2022

Dawson Springs

Monday

Tuesday

Wednesday

Thursday

Friday



1
Chicken Fajita or Crispito w/Queso, Refried Beans, Fiesta Veggies, Mexican Rice, Salsa & Chips, Fruit or Juice & Milk

2
Pizza or Mini Corndogs, Corn, Baby Carrots, Side Salad, Fruit or Sidekick, Cookie & Milk

5
Labor Day

6
Chicken Filet Sandwich or Spicy Chicken Sandwich, Baby Bakers, Glazed Carrots, Side Salad, Fruit or Juice & Milk

7
Chicken Fried Steak or Chicken Drumstick, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

8
Hamburger, Cheeseburger or Bacon Cheeseburger, Fries, Pork-n-Beans, Lettuce/Tomato, Fruit or Juice & Milk

9
Pizza or Mini Corndogs, Corn, Baby Carrots, Side Salad, Fruit or Sidekick, Cookie & Milk

12
Chicken Tenders w/Roll or Buffalo Chicken Wrap, Broccoli w/Cheese, Tater Tots, Carrots w/Ranch, Fruit or Juice & Milk

13
Chicken Alfredo w/Garlic Bread, or BBQ Rib Sandwich, Baby Bakers, Cali Blend Veggies w/Cheese, Side Salad, Fruit or Juice & Milk

14
Chicken Fried Steak or Chicken Drumstick, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

15
Beef & Cheese Nachos or Mac& Cheese, Refried Beans, Mexican Rice, Lettuce/Tomato Cup, Fruit or Juice & Milk

16
Pizza or Mini Corndogs, Corn, Baby Carrots, Side Salad, Fruit or Sidekick, Cookie & Milk

19
BBQ Sandwich or Hotdog, Tater Tots, Baked Beans, Coleslaw, Fruit or Juice & Milk

20
Lasagna w/Garlic Bread, or Italian Cheesy Bread, Baby Bakers, Cali Blend Veggies w/Cheese, Side Salad, Fruit or Juice & Milk

21
Chicken Fried Steak or Chicken Drumstick, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

22
Tacos or Chicken Quesadilla, Refried Beans, Fiesta Veggies, Mexican Rice, Salsa & Chips, Fruit or Juice & Milk

23
Pizza or Mini Corndogs, Corn, Baby Carrots, Side Salad, Fruit or Sidekick, Cookie & Milk

26
Chicken Nuggets or General TSO's Chicken w/Rice, Tater Tots, Stir Fry Veggies, Side Salad, Roll, Fruit or Juice & Milk

27
Rotini w/Garlic Bread or Chicken Filet Sandwich, Baby Bakers, Cali Blend Veggies w/Cheese, Side Salad, Fruit or Juice & Milk

28
Chicken Fried Steak or Chicken Drumstick, Mashed Potatoes, Green Beans, Roll, Fruit or Juice & Milk

29
Chicken Fajita or Crispito w/Queso, Refried Beans, Fiesta Veggies, Mexican Rice, Salsa & Chips, Fruit or Juice & Milk

30
Pizza or Mini Corndogs, Corn, Baby Carrots, Side Salad, Fruit or Sidekick, Cookie & Milk

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

- Monday: Sausage & Biscuit or Mini Pancakes
- Tuesday: Breakfast Pizza or Cinnamon Roll
- Wednesday: Sausage Egg & Cheese Biscuit or Mini Donuts
- Thursday: Chicken Waffle Sandwich or Apple Frudel
- Friday: Tornado or 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

Ham & Cheese Croissant Sandwich w/ Chips & Pickle Spear
Yogurt or Beef Sticks, String Cheese Stick, Muffin & Cheez-its
Pizza Lunchable
Chef Salad

This institution is an equal opportunity provider.