

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



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

Breakfast, Salad and Vegetarian Choices

Monday

French Toast Sticks and Sausage
Southwestern Chicken Salad
Vegetarian Hot Pocket

Tuesday

Sausage and Pancake on Stick
Chef Salad
Vegetarian Chili with Chips

Wednesday

Breakfast Pizza Pocket
Country Chicken Salad
Garden Burger

Thursday

Omelet and Toast
Chef Salad
Vegetable Sub

Friday

Cinnamon Toast
Asian Chicken Salad
Grilled Cheese and Yogurt

May 1
Chicken Quesadilla
May 2
Oven Fried Chicken
May 3
Corn Dog Nuggets w/ Macaroni and Cheese
May 4
Pork Bar-B-Que on Bun
May 7
Stuffed Pasta with Spaghetti Sauce
May 8
Chuck Wagon Steak with Rice
May 9
Breakfast for Lunch
May 10
Burrito
May 11
Sloppy Joe on Bun
May 14
Chicken Parmesan
May 15
Fish Platter
May 16
Shepherd's Pie
May 17
Pork Rib-B-Que Platter
May 18
Hot Dog with Chili and Cheese on Bun
May 21
Manicotti
May 22
Pastrami and Swiss on Croissant
with Clam Chowder
May 23
Chicken Chunks over Rice
May 24
Baked Potato with Chili and Cheese
May 25
Mushroom Onion and Swiss Burger
May 29
Chicken Pizza
May 30
Popcorn Chicken Bowl

MENUS FOR MAY 2012

Dozier Middle

This institution is an equal opportunity provider.

Available Daily!

Crispy and Spicy Chicken Sandwiches
Nachos with Chili and Cheese
Chicken Nuggets
Pizza
Hamburgers and Cheeseburgers
Peanut Butter and Jelly Uncrustable
Sub Sandwiches
Sandwich of the Day
Hot and Cold Vegetables
Fresh Fruit and Fruit Cup
Low-Fat or Skim Milk