

# August 2019

## Bartow County High School Menu

### AVAILABLE DAILY

All meals include a choice of flavored or unflavored milk and assorted fruit choices.

House-made pizza and made-to-order deli sandwiches are available daily.

Strawberry yogurt with Keebler Elf Grahams may be available as an additional breakfast option.

Pizza Sticks and PB&J Pack may be available as an additional lunch entrée.

Menus are subject to change due to product availability.

### MEAL PRICES 2019-2020

**Student Breakfast: \$1.50**

**Student Lunch: \$2.60**

**Adult Breakfast: \$2.00**

**Adult Lunch: \$3.25**



#### Monday 8/12

Chicken Drumstick with Roll  
Fish Nuggets with Hushpuppies  
Oriental Chicken Salad  
Blackeye Peas  
Glazed Carrots

Breakfast: French Toast Sticks, Cereal with Pop-

#### Tuesday 8/13

Chicken Crispito  
Mini Corndogs  
BLT Salad  
Ranch or Charro Beans  
Sweet Potato Tots or Mashed Sweet Potatoes

Breakfast: Sausage Bites, Cereal with Pop-Tart, Toast, or Muffin

#### Wednesday 8/07

Burrito Bowl  
Chicken Tenders with Roll  
Chipotle Grilled Chicken Salad  
Glazed Carrots  
Broccoli Dippers

Breakfast: Goodybun, Cereal with Pop-Tart, Toast, or Muffin

#### Wednesday 8/14

Popcorn Chicken Bowl with Biscuit  
Hotdog  
Chipotle Grilled Chicken Salad  
Green Beans  
Side Salad

Breakfast: Mini Pancakes, Cereal with Pop-Tart, Toast, or Muffin

#### Thursday 8/08

BBQ Nachos  
Crispy or Grilled Chicken Sandwich  
Chef's Salad  
Baked Beans  
Cucumber Dippers

Breakfast: Chicken & Waffles, Cereal with Pop-Tart, Toast, or Muffin

#### Thursday 8/15

Boneless Wings with Roll  
Mac & Cheese with Roll  
Chef's Salad  
Carrots  
Coleslaw

Breakfast: Donut or Donut Holes, Cereal with Pop-Tart, Toast, or Muffin

#### Friday 8/09

Glazed Teriyaki Chicken with Fried Rice  
French Toast & Omelet  
Taco Salad  
Corn  
Carrots

Breakfast: Sausage Biscuit with Gravy, Cereal with Pop-Tart, Toast, or Muffin

#### Friday 8/16

BBQ Tater Tots  
Chicken Nuggets with Roll  
Taco Salad  
Mashed Potatoes  
Veggie Dippers

Breakfast: Chicken Biscuit, Cereal with Pop-Tart, Toast, or Muffin



Follow Us

@bartowcountyschoolnutrition

This institution is an equal opportunity provider.

Menus are subject to change.

<p align="center"><b>Monday 8/19</b></p> <p>Cheeseburger Popcorn Chicken with Roll Oriental Chicken Salad Tater Tots Carrots</p> <p><u>Breakfast:</u> Pancake Roll-up, Cereal with Pop-Tart, Toast, or Muffin</p>	<p align="center"><b>Monday 8/26</b></p> <p>Chicken Drumstick with Roll Fish Nuggets with Hushpuppies Oriental Chicken Salad Blackeye Peas Glazed Carrots</p> <p><u>Breakfast:</u> French Toast Sticks, Cereal with Pop-Tart, Toast, or Muffin</p>
<p align="center"><b>Tuesday 8/20</b></p> <p>Beef Taco BLT Salad Pinto or Refried Beans Side Salad</p> <p><u>Breakfast:</u> Cheese Grits with Bacon &amp; Toast, Cereal with Pop-Tart, Toast, or Muffin</p>	<p align="center"><b>Tuesday 8/27</b></p> <p>Chicken Crispito Mini Corndogs BLT Salad Ranch or Charro Beans Sweet Potato Tots or Mashed Sweet Potatoes</p> <p><u>Breakfast:</u> Sausage Bites, Cereal with Pop-Tart, Toast, or Muffin</p>
<p align="center"><b>Wednesday 8/21</b></p> <p>Burrito Bowl Chicken Tenders with Roll Chipotle Grilled Chicken Salad Glazed Carrots Broccoli Dippers</p> <p><u>Breakfast:</u> Goodybun, Cereal with Pop-Tart, Toast, or Muffin</p>	<p align="center"><b>Wednesday 8/28</b></p> <p>Popcorn Chicken Bowl with Biscuit Hotdog Chipotle Grilled Chicken Salad Green Beans Side Salad</p> <p><u>Breakfast:</u> Mini Pancakes, Cereal with Pop-Tart, Toast, or Muffin</p>
<p align="center"><b>Thursday 8/22</b></p> <p>BBQ Nachos Crispy or Grilled Chicken Sandwich Chef's Salad Baked Beans Cucumber Dippers</p> <p><u>Breakfast:</u> Chicken &amp; Waffles, Cereal with Pop-Tart, Toast, or Muffin</p>	<p align="center"><b>Thursday 8/29</b></p> <p>Boneless Wings with Roll Mac &amp; Cheese with Roll Chef's Salad Carrots Coleslaw</p> <p><u>Breakfast:</u> Donut or Donut Holes, Cereal with Pop-Tart, Toast, or Muffin</p>
<p align="center"><b>Friday 8/23</b></p> <p>Glazed Teriyaki Chicken with Fried Rice French Toast &amp; Omelet Taco Salad Corn Carrots</p> <p><u>Breakfast:</u> Sausage Biscuit with Gravy, Cereal with Pop-Tart, Toast, or Muffin</p>	<p align="center"><b>Friday 8/30</b></p> <p>Manager's Choice Entrée &amp; Sides Taco Salad</p> <p><u>Breakfast:</u> Chicken Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>

# NUTRITION NEWS

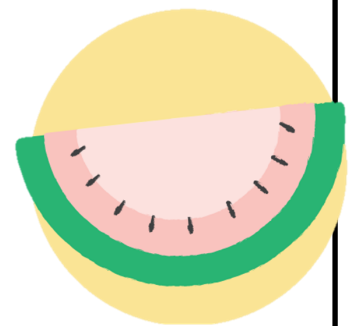
## WATERMELON

This summer favorite offers more than just a good taste! Watermelon is about *92% water*, which helps keep you hydrated on hot summer days.

The antioxidant named *lycopene* in watermelon fights diseases and strengthens your heart.

*Citrulline*, and amino acid, is abundant in watermelon. This nutrient regulates blood pressure and enhances blood flow.

Watermelon were first grown in the *Kalahari Desert* in Africa. Most of the watermelons grown in the US are from *Georgia*, Florida, Texas, California, and Arizona.



### IN THE NEWS

Our schools had a **87.1%** graduation rate in 2017-18, which is higher than the State average. Let's keep up the momentum! #BetterinBartow

### FEATURED RECIPES

Don't miss out on our new Cheesy BBQ Tots, Beef Burrito Bowl, & Southern-Style Popcorn Chicken Bowl!