

November 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.



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This institution is an equal opportunity provider.

Menus are subject to change.

Join us the week of November 18th as we celebrate the season with a Thanksgiving meal!



Monday 11/4

General Tso Chicken Bowl
Cheeseburger
Blackeye Peas
Carrots

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

Tuesday 11/5

Crispy Chicken Drumstick with Roll
Chicken & Rice Casserole with Roll
BLT Salad
Green Beans
Side Salad

Breakfast: French Toast Sticks, Cereal with Pop-Tart, Toast, or Muffin

Wednesday 11/6

Homemade Chili with Fritos
Chicken Filet Sandwich
Glazed Carrots
Tater Tots

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

Thursday 11/7

Beef & Cheese Nachos
Chicken Nuggets with Roll
Taco Salad
Ranch or Charro Beans
Broccoli Dippers or Broccoli Salad

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

Friday 11/8

Chicken Enchiladas
Corndog
Mashed Potatoes
Carrots

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

Friday 11/1

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

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

<p align="center">Monday 11/11</p> <p>Original or Spicy Chicken Tenders with Roll Crispy Fish Filet Sandwich Tater Tots Carrots</p> <p><u>Breakfast:</u> Mini Pancakes, Cereal with Pop-Tart, Toast, or Muffin</p>	<p align="center">Monday 11/18</p> <p>General Tso Chicken Bowl Cheeseburger Blackeye Peas Carrots</p> <p><u>Breakfast:</u> Sausage & Gravy Breakfast Pizza, Cereal with Pop-Tart, Toast, or Muffin</p>
<p align="center">Tuesday 11/12</p> <p>Beef Burrito BLT Salad Pinto or Refried Beans Side Salad</p> <p><u>Breakfast:</u> Sausage Bites with Gravy, Cereal with Pop-Tart, Toast, or Muffin</p>	<p align="center">Tuesday 11/19</p> <p>Crispy Chicken Drumstick with Roll Chicken & Rice Casserole with Roll BLT Salad Green Beans Side Salad</p> <p><u>Breakfast:</u> French Toast Sticks, Cereal with</p>
<p align="center">Wednesday 11/13</p> <p>Fiesta Chicken Soup with Tortilla Chips Original or Spicy Popcorn Chicken with Roll Corn Carrots</p> <p><u>Breakfast:</u> Pancakes with Sausage Link, Cereal with Pop-Tart, Toast, or Muffin</p>	<p align="center">Wednesday 11/20</p> <p>Homemade Chili with Fritos Chicken Filet Sandwich Glazed Carrots Tater Tots</p> <p><u>Breakfast:</u> Goodybun, Cereal with Pop-Tart, Toast, or Muffin</p>
<p align="center">Thursday 11/7</p> <p>Sweet Chili or Buffalo Boneless Wings with Roll Hotdog Taco Salad Sweet Potato Tots or Mashed Sweet Potatoes Cucumber Dippers or Cucumber Salad</p> <p><u>Breakfast:</u> Glazed Donut or Donut Holes, Cere-</p>	<p align="center">Thursday 11/21</p> <p>Beef & Cheese Nachos Chicken Nuggets with Roll Taco Salad Ranch or Charro Beans Broccoli Dippers or Broccoli Salad</p> <p><u>Breakfast:</u> Chicken & Waffle, Cereal with Pop-Tart, Toast, or Muffin</p>
<p align="center">Friday 11/15</p> <p>BBQ Pulled Pork Sandwich Steak Fingers with Roll Baked Beans Coleslaw</p> <p><u>Breakfast:</u> Chicken Biscuit with Hashbrown, Cereal with Pop-Tart, Toast, or Muffin</p>	<p align="center">Friday 11/22</p> <p>Chicken Enchiladas Corndog Mashed Potatoes Carrots</p> <p><u>Breakfast:</u> Sausage Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>

NUTRITION NEWS

Portion Control

As the holidays approach, be mindful of your portion sizes. Fill up on seasonal fruits and veggies, which are generally lower in calories and high fiber, promoting fullness.

Tips for portion control:

1. Scope out the food options before you start filling your plate.
2. Use smaller plates and glasses to avoid over-filling your plate.
3. Slow down, chew slowly, and savor your food.

Check out this article from UGA Foods and Nutrition Department on holiday weight gain prevention:

<https://www.fcs.uga.edu/news/story/daily-self-weighting-shown-to-prevent-holiday-weight-gain>

IN THE NEWS – Bartow County’s overall graduation rate is soaring! Rising to **89.2%** in 2019 from 87.1% in 2018, this rate exceeds the state graduation rate by >7%!