

December 2019

Bartow County High School Menu

<p>Monday 12/02</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>Monday 12/09</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>Monday 12/16</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>Tuesday 12/03</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>Tuesday 12/10</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 Pop-Tart, Toast, or Muffin</p>	<p>Tuesday 12/17</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>Wednesday 12/04</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>Wednesday 12/11</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>Wednesday 12/18</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>Thursday 12/05</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, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Thursday 12/12</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>Thursday 12/19</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, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Friday 12/06</p> <p>BBQ Pulled Pork Sandwich Corndog Baked Beans Coleslaw</p> <p><u>Breakfast:</u> Chicken Biscuit with Hashbrown, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Friday 12/13</p> <p>Chicken Enchiladas Steak Fingers with Roll Mashed Potatoes Carrots</p> <p><u>Breakfast:</u> Sausage Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Friday 12/20</p> <p>Manager's Choice Entrée and Sides</p> <p><u>Breakfast:</u> Chicken Biscuit with Hashbrown, Cereal with Pop-Tart, Toast, or Muffin</p>

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.

 Follow Us
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This institution is an equal opportunity provider. Menus are subject to change.

NUTRITION NEWS: KALE

•Kale is a member of the *Brassicaceae* family, along with cabbage and broccoli.

•There are over *50 varieties* of kale.

•Kale is an excellent source of *vitamin A* (good for vision) and *vitamin C* (promotes immune functions and healing), and a good source of *calcium* (essential for building bones) and *potassium* (maintains heart beat).

