

JANUARY 2020

Bartow County Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME BACK!</p>	<p>7 Breakfast Goodybun Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Crispy Chicken Drumstick with Roll Chicken Enchiladas BLT Salad Refried Beans or Black-eyed Peas Side Salad</p>	<p>8 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Homemade Chili with Fritos Hotdog Tater Tots Veggie Dippers</p>	<p>9 Breakfast Dutch Waffle Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Crispy Fish Filet Sandwich Cheese Quesadilla Taco Salad Corn Carrots</p>	<p>10 Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch General Tso Chicken Bowl Chicken Filet Sandwich Peas & Carrots or Coleslaw Broccoli Dippers or Broccoli and Tomato Salad</p>
	<p>13 Breakfast Sausage & Gravy Breakfast Pizza Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch French Toast Sticks & Omelet Corndog Tater Tots Carrots</p>	<p>14 Breakfast Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef Burrito Sweet Chili or Buffalo Boneless Chicken Wings with Roll BLT Salad Ranch or Charro Beans Side Salad</p>	<p>15 Breakfast Donut or Donut Holes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Homemade Fiesta Chicken Soup with Tortilla Chip Chicken Tenders with Roll Sweet Potato Tots or Mashed Sweet Potatoes Broccoli Dippers or Broccoli and Tomato Salad</p>	<p>16 Breakfast Chicken & Waffle Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken and Rice Casserole with Roll Beef and Cheese Nachos Taco Salad Mashed Potatoes Cucumber Dippers</p>

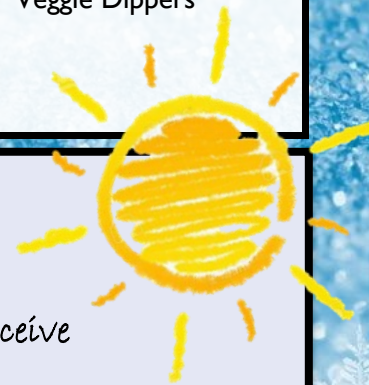
Vitamin D

*Vitamin D is essential for bone strength and development.

*Very few foods contain or are fortified (added) with vitamin D, so most of the vitamin D we receive comes from sun exposure or supplements.

*During the winter months, our vitamin D levels are usually lower than the summer months.

*The best way to ensure that you receive the necessary amount of vitamin D during the winter is to take a low-dose vitamin D₃ supplement.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 No SCHOOL	21 Breakfast Goodybun Cereal with Pop-Tart, Toast, or Muffin Lunch Crispy Chicken Drumstick with Roll Chicken Enchiladas BLT Salad Refried Beans or Black-eyed Peas	22 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin Lunch Homemade Chili with Fritos Hotdog Tater Tots Veggie Dippers	23 Breakfast Dutch Waffle Cereal with Pop-Tart, Toast, or Muffin Lunch Crispy Fish Filet Sandwich Cheese Quesadilla Taco Salad Corn Carrots	24 Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin Lunch General Tso Chicken Bowl Chicken Filet Sandwich Peas & Carrots or Coleslaw Broccoli Dippers or Broccoli and Tomato Salad
27 Breakfast Sausage & Gravy Breakfast Pizza Cereal with Pop-Tart, Toast, or Muffin Lunch French Toast Sticks & Omelet Corn dog Tater Tots Carrots	28 Breakfast Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin Lunch Beef Burrito Sweet Chili or Buffalo Boneless Chicken Wings with Roll BLT Salad Ranch or Charro Beans Side Salad	29 Breakfast Donut or Donut Holes Cereal with Pop-Tart, Toast, or Muffin Lunch Homemade Fiesta Chicken Soup with Tortilla Chip Chicken Tenders with Roll Sweet Potato Tots or Mashed Sweet Potatoes Broccoli Dippers or Broccoli	30 Breakfast Chicken & Waffle Cereal with Pop-Tart, Toast, or Muffin Lunch Chicken and Rice Casserole with Roll Beef and Cheese Nachos Taco Salad Mashed Potatoes Cucumber Dippers	31 Breakfast Pancakes with Sausage Link Cereal with Pop-Tart, Toast, or Muffin Lunch BBQ Sandwich Popcorn Chicken with Roll Baked Beans Veggie Dippers

NUTRITION NEWS: wake up to breakfast!

What's so special about breakfast?

ENERGY

After going all night without eating, your body and mind need to recharge. Your brain needs a fresh supply of energy for the day.



GRADES

Students who eat breakfast perform better in school and on tests.

CONCENTRATION

Breakfast helps improve memory, information recall, and problem solving.



IT TASTES GOOD!



AVAILABLE DAILY

- All meals include a choice of flavored or unflavored milk and assorted fruit choices.
- Oatmeal or Strawberry Yogurt with Keebler Elf Grahams or muffins may be available as an additional breakfast option daily.
- PB&J Pack, Jennie-O Turkey Power Pack, Grilled Cheese Sandwich, or Yogurt Snack Pack may be available as an additional lunch entrée daily.
- Pepperoni, Cheese, Buffalo, and/or Meat Lover's Pizza and/or Pizza Sticks available daily.

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



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