

January 2020

Bartow County
High School Menu

Welcome
Back!

	<p>Monday 1/13 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 1/07 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 1/14 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 1/08 Homemade Chili with Fritos Chicken Filet Sandwich Glazed Carrots Tater Tots</p> <p><u>Breakfast:</u> Goodybun with Cheese Stick, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Wednesday 1/15 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 1/09 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 1/16 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 1/10 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 1/17 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>

NUTRITION

NEWS:

Vitamin D

Vitamin D is essential for bone strength and development.

Very few foods contain or are fortified with vitamin D, so the majority of vitamin D we receive is via 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.



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.

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

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Bartow County High School Menu

<p style="text-align: center;">Monday 1/20</p> <p style="text-align: center; font-size: 2em;"><i>No School</i></p>	<p style="text-align: center;">Monday 1/27</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 style="text-align: center;">Tuesday 1/21</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 style="text-align: center;">Tuesday 1/28</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 style="text-align: center;">Wednesday 1/22</p> <p>Homemade Chili with Fritos Chicken Filet Sandwich Glazed Carrots Tater Tots</p> <p><u>Breakfast:</u> Goodybun with Cheese Stick, Cereal with Pop-Tart, Toast, or Muffin</p>	<p style="text-align: center;">Wednesday 1/29</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 style="text-align: center;">Thursday 1/23</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 style="text-align: center;">Thursday 1/30</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 style="text-align: center;">Friday 1/24</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 style="text-align: center;">Friday 1/31</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>

Bartow County Schools Facts & Numbers



89.2%

Graduation Rate



39%

Honor graduates



46%

of students attend post-secondary in Georgia



19

Advanced Placement courses offered



2,251

College credit hours earned



28

CTAE pathways offered