

February 2020

Bartow County Middle School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Breakfast Sausage Bites with Gravy Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Cheeseburger Chicken Nuggets with Roll Green Beans Carrots</p>	<p>4 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>5 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Homemade Chili with Fritos Hotdog Tater Tots Veggie Dippers</p>	<p>6 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>7 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>10 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>11 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>12 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>13 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>	<p>14 Breakfast Pancakes with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch BBQ Sandwich Popcorn Chicken with Roll Baked Beans Veggie Dippers</p>

Watermelon Heart Pops

Instructions:

1. Slice watermelon.
2. Cut into heart-shaped pieces using a cookie cutter.
3. Insert popsicle stick into the bottom of the heart.
4. Dip in or drizzle with melted chocolate.
5. Add sprinkles, coconut flakes, or chopped nuts.
6. Enjoy!

(Though not in season in Georgia until summer, watermelon is generally available in grocery stores year-round.)



Monday	Tuesday	Wednesday	Thursday	Friday
17—19 <h1 style="text-align: center;">Enjoy Winter Break!</h1>			20 Breakfast Dutch Waffle Cereal with Pop-Tart, Toast, or Muffin Lunch Crispy Fish Filet Sandwich Cheese Quesadilla Taco Salad Corn Carrots	21 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
24 Breakfast Sausage & Gravy Breakfast Pizza Cereal with Pop-Tart, Toast, or Muffin Lunch French Toast Sticks & Omelet Corndog Tater Tots Carrots	25 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	26 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	27 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	28 Breakfast Pancakes with Sausage Link Cereal with Pop-Tart, Toast, or Muffin Lunch BBQ Sandwich Popcorn Chicken with Roll Baked Beans Veggie Dippers

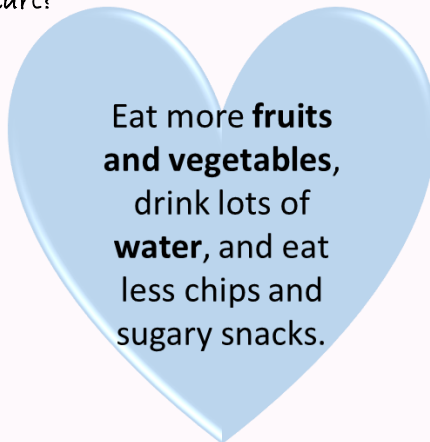
NUTRITION NEWS: Love Your Heart

Your heart is a muscle and its job is to pump blood all throughout your body! It is important to keep your heart healthy so that you can live a healthy life.

How can you love your heart?



Exercise
and
Eat
Healthy!



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, 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.



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