

February 2020

Bartow County High School Menu

<p>Monday 2/03</p> <p>Cheeseburger General Tso Chicken Bowl Blackeyed Peas Carrots</p> <p><u>Breakfast:</u> Sausage and Gravy Breakfast Pizza, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Monday 2/10</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 2/04</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 2/11</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 2/05</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>Wednesday 2/12</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 2/06</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 2/13</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 2/07</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 2/14</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>

NUTRITION

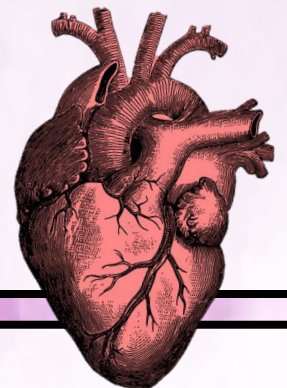
NEWS:

Love Your Heart

Your heart is a muscle whose job is to pump **2,000 gallons** of blood through your body daily.

You can **strengthen** and extend the life of your heart by living a healthy life:

- Eat more **fruits** and **vegetables**
- Eat less fatty foods, like sweets, chips, etc.
- Drink more **water**
- Drink less sugary beverages, like soda and energy drinks
- Exercise** at least 30 minutes per day
- Live tobacco free



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.

 Follow Us

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<p>Monday 2/17-19</p> <p>Enjoy Winter Break!</p>	<p>Monday 2/24</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>Thursday 2/20</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>Tuesday 2/25</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 2/26</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>Friday 2/21</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>Thursday 2/27</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 2/28</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>

Congratulations to Cass High School students Audrey Linek and Phebe Carroll for being chosen to participate in the Georgia Department of Education Student Chef Competition! The Cooking Colonels will compete in Macon on February 20th with their "Falling for Pot Pie" dish.

