



# March 2020

Bartow County High School Menu

<p><b>Monday 3/02</b></p> <p>Spinach, Ham, &amp; Cheddar Frittata with Roll Hashbrown Triangle Rainbow Cauliflower Mixed Berry Fruit Cup</p> <p><u>Breakfast:</u> Chocolate Oats Breakfast Bar with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Monday 3/09</b></p> <p>Cheeseburger Original or Spicy Chicken Tenders Sweet Potato Waffle Fries Cucumber Salad or Cucumber Dippers</p> <p><u>Breakfast:</u> Mini Pancakes, Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Tuesday 3/03</b></p> <p>Beef Burrito Corndog Chef's Salad Refried, Pinto, or Charro Beans Veggie Dippers</p> <p><u>Breakfast:</u> French Toast Sticks, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Tuesday 3/10</b></p> <p>French Toast Sticks &amp; Omelet Mac &amp; Cheese with Breadstick Chef's Salad Tater Tots Side Salad</p> <p><u>Breakfast:</u> Sausage Bites with Gravy, Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Wednesday 3/04</b></p> <p>Chicken Marinara Pasta with Breadstick Mashed Potatoes Side Salad Carrots</p> <p><u>Breakfast:</u> Cheese Grits with Toast &amp; Bacon, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Wednesday 3/11</b></p> <p>Beef &amp; Cheese Nachos Blackeyed Peas or Ranch Beans Carrots Veggie Dippers</p> <p><u>Breakfast:</u> Pancakes with Sausage Link, Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Thursday 3/05</b></p> <p>BBQ Sandwich or BBQ Plate Original or Spicy Popcorn Chicken Taco Salad Baked Beans Coleslaw</p> <p><u>Breakfast:</u> Chicken &amp; Waffles, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Thursday 3/12</b></p> <p>Chicken Crisпитos Chicken Parmesan Sub Taco Salad Corn Broccoli &amp; Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Glazed Donut or Donut Holes, Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Friday 3/06</b></p> <p>Chili Cheese Tots with Fritos Boneless Chicken Wings or Tangerine Chicken Bites with Roll Glazed Carrots Broccoli &amp; Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Sausage Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Friday 2/13</b></p> <p>Hotdog Original or Grilled Chicken Sandwich Green Beans Carrots</p> <p><u>Breakfast:</u> Chicken Biscuit with Hashbrown, Cereal with Pop-Tart, Toast, or Muffin</p>

## NUTRITION

### NEWS:

Join us March 2-6 as we celebrate School Breakfast-Out of This World!

**Students who eat breakfast are more likely to:**

- Maintain a healthy weight
- Have better concentration & memory
- Reach higher levels of achievement in reading & math, and score higher on standardized tests
- Be more alert
- Drink more milk & eat more fruit daily

## 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&I 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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<p><b>Monday 3/16</b></p> <p>Crispy Chicken Drumstick with Roll Fish Filet Sandwich French Fries Carrots</p> <p><u>Breakfast:</u> Chocolate Oats Breakfast Bar with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Monday 3/23</b></p> <p>Cheeseburger Original or Spicy Chicken Tenders Sweet Potato Waffle Fries Cucumber Salad or Cucumber Dippers</p> <p><u>Breakfast:</u> Mini Pancakes, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Monday 3/30</b></p> <p>Crispy Chicken Drumstick with Roll Fish Filet Sandwich French Fries Carrots</p> <p><u>Breakfast:</u> Chocolate Oats Breakfast Bar with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Tuesday 3/17</b></p> <p>Beef Burrito Corndog Chef's Salad Refried, Pinto, or Charro Beans Veggie Dippers</p> <p><u>Breakfast:</u> French Toast Sticks, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Tuesday 3/24</b></p> <p>French Toast Sticks &amp; Omelet Mac &amp; Cheese with Breadstick Chef's Salad Tater Tots Side Salad</p> <p><u>Breakfast:</u> Sausage Bites with Gravy, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Tuesday 3/31</b></p> <p>Manager's Choice Entrée Chef's Salad Manager's Choice Sides</p> <p><u>Breakfast:</u> French Toast Sticks, Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Wednesday 3/18 – Early Release</b></p> <p>Deli Sandwich, PBJ Pack, Chicken Sandwich Whole Grain Chip Option Carrots Broccoli Dippers</p> <p><u>Breakfast:</u> Goodybun with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Wednesday 3/25</b></p> <p>Beef &amp; Cheese Nachos Blackeyed Peas or Ranch Beans Carrots Veggie Dippers</p> <p><u>Breakfast:</u> Pancakes with Sausage Link, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>NEW TO THE MENU</b></p> <ul style="list-style-type: none"> <li>🍪 Chicken Parmesan Sub Sandwich</li> <li>🍪 Chicken Marinara Pasta Bowl with Breadstick</li> </ul>  <p><b>Have feedback or menu ideas? Send us your suggestions on Facebook!</b></p>
<p><b>Thursday 3/19</b></p> <p>BBQ Sandwich or BBQ Plate Original or Spicy Popcorn Chicken Taco Salad Baked Beans Coleslaw</p> <p><u>Breakfast:</u> Chicken &amp; Waffles, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Thursday 3/26</b></p> <p>Chicken Crisпитos Chicken Parmesan Sub Taco Salad Corn Broccoli &amp; Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Glazed Donut or Donut Holes, Cereal with Pop-Tart, Toast, or Muffin</p>	
<p><b>Friday 3/20</b></p> <p>Chili Cheese Tots with Fritos Boneless Chicken Wings or Tangerine Chicken Bites with Roll Glazed Carrots Broccoli &amp; Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Sausage Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Friday 2/27</b></p> <p>Hotdog Original or Grilled Chicken Sandwich Green Beans Carrots</p> <p><u>Breakfast:</u> Chicken Biscuit with Hashbrown, Cereal with Pop-Tart, Toast, or Muffin</p>	