

October 2020

Bartow County
Pre-K Menu

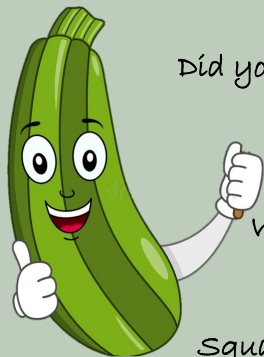
Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Now Playing: School Lunch</p> <p>Grab your ticket and join us for National School Lunch Week: October 12-16th!</p> <p>Did you know that 30 MILLION students enjoy healthy lunch every school day, provided by the National School Lunch Program?</p> <p>Today's school lunches meet strict nutrition standards, including limits on calories, sodium, and unhealthy fats.</p> 			1	2
			<p>Breakfast Apple Strudel</p> <p>Lunch Pepperoni or Cheese Pizza Broccoli Dippers Fruit</p>	<p>Breakfast Chicken Biscuit</p> <p>Lunch Popcorn Chicken Green Beans Fruit</p>
5	6	7	8	9
<p>Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Cheeseburger Sweet Potato Waffle Fries Fruit</p>	<p>Breakfast Chicken Biscuit</p> <p>Lunch Mac & Cheese Side Salad Fruit</p>	<p>Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Nuggets with Roll Baked Beans Fruit</p>	<p>Breakfast Mini Waffles</p> <p>Lunch French Toast Sticks & Omelet Tater Tots Fruit</p>	<p>Breakfast Sausage Biscuit</p> <p>Lunch Crispy Chicken Sandwich Carrots Fruit</p>
12	13	14	15	16
<p>Breakfast Mini Pancakes</p> <p>Lunch Crispy Chicken Drumstick Carrots Fruit</p>	<p>Breakfast Goodybun or Donut</p> <p>Lunch PBJ Pack* Cucumber Dippers Fruit</p>	<p>Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef Ravioli with Breadstick Corn Fruit</p>	<p>Breakfast Apple Strudel</p> <p>Lunch Pepperoni or Cheese Pizza Broccoli Dippers Fruit</p>	<p>Breakfast Chicken Biscuit</p> <p>Lunch Popcorn Chicken Green Beans Fruit</p>



Monday	Tuesday	Wednesday	Thursday	Friday
19 Breakfast Cereal with Pop-Tart, Toast, or Muffin Lunch Cheeseburger Sweet Potato Waffle Fries Fruit	20 Breakfast Chicken Biscuit Lunch Mac & Cheese Side Salad Fruit	21 Breakfast Cereal with Pop-Tart, Toast, or Muffin Lunch Chicken Nuggets with Roll Baked Beans Fruit	22 Breakfast Mini Waffles Lunch French Toast Sticks & Omelet Tater Tots Fruit	23 Breakfast Sausage Biscuit Lunch Crispy Chicken Sandwich Carrots Fruit
26 Breakfast Mini Pancakes Lunch Crispy Chicken Drumstick Carrots Fruit	27 Breakfast Goodybun or Donut Lunch PBJ Pack* Cucumber Dippers Fruit	28 Breakfast Cereal with Pop-Tart, Toast, or Muffin Lunch Beef Ravioli with Breadstick Corn Fruit	29 Breakfast Apple Strudel Lunch Pepperoni or Cheese Pizza Broccoli Dippers Fruit	30 Breakfast Chicken Biscuit Lunch Manager's Choice Entrée Green Beans Fruit

NUTRITION NEWS: SQUASH

There are 100+ different types of squash that are split into 2 categories: *summer* and *winter* squash.



Did you know that squash are related to melons, like cantaloupe?

Pumpkins are in the squash family.

Winter squash generally have tough skin and should feel heavy for their size.

Squash are an excellent source of vitamins A and C, which are good for your eyes and skin.



Available Daily

Fresh, canned, or 100% fruit juice may be served with breakfast daily.

Unflavored skim milk is served with breakfast and lunch daily.

*Alternate option provided for students with documented peanut allergy.

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



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