

# October 2020

## Bartow County Elementary School Menu

Monday

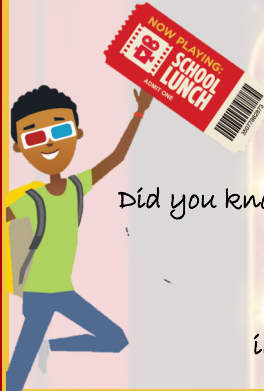
Tuesday

Wednesday

Thursday

Friday

### Now Playing: School Lunch



Grab your ticket and join us for National School Lunch Week:  
October 12-16th!

Did you know that 30 MILLION students enjoy healthy lunch every school day,  
provided by the National School Lunch Program?

Today's school lunches meet strict nutrition standards,  
including limits on calories, sodium, and unhealthy fats.



5 **Breakfast**  
Mini Waffles  
Cereal with Pop-Tart, Toast,  
or Muffin

**Lunch**  
Cheeseburger  
Cheese Quesadilla  
Sweet Potato Waffle Fries  
Broccoli Dippers

6 **Breakfast**  
Chicken Biscuit  
Cereal with Pop-Tart, Toast,  
or Muffin

**Lunch**  
Steak Fingers with Breadstick  
Mac & Cheese with Breadstick  
Mashed Potatoes  
Side Salad

7 **Breakfast**  
Waffle with Sausage Link  
Cereal with Pop-Tart, Toast,  
or Muffin

**Lunch**  
BBQ Sandwich  
Chicken Nuggets with Roll  
Baked Beans  
Coleslaw or Peas & Carrots

8 **Breakfast**  
Chocolate Oats Breakfast Bar  
with Cheesestick  
Cereal with Pop-Tart, Toast,  
or Muffin

**Lunch**  
French Toast Sticks & Omelet  
Pepperoni or Cheese Pizza  
Tater Tots  
Veggie Dippers

9 **Breakfast**  
Sausage Biscuit  
Cereal with Pop-Tart, Toast,  
or Muffin

**Lunch**  
Hotdog  
Crispy or Grilled Chicken  
Sandwich  
Seasoned Black Beans or  
Blackeyed Peas  
Carrots

12 **Breakfast**  
Mini Pancakes  
Cereal with Pop-Tart, Toast,  
or Muffin

**Lunch**  
Chicken Drumstick with Roll  
Crispy Fish Sandwich  
French Fries  
Carrots

13 **Breakfast**  
Goodybun or Donut  
Cereal with Pop-Tart, Toast,  
or Muffin

**Lunch**  
Chicken Quesadilla  
PBJ Pack  
Refried or Seasoned Black  
Beans, Cucumber Dippers

14 **Breakfast**  
Pancakes with Sausage Link  
Cereal with Pop-Tart, Toast,  
or Muffin

**Lunch- Early Release**  
Grilled Cheese Sandwich, PBJ  
Pack, Chicken Sandwich,  
Hotdog  
Carrots, Celery, or Broccoli

15 **Breakfast**  
Apple Strudel  
Cereal with Pop-Tart, Toast,  
or Muffin

**Lunch**  
Beef and Cheese Nachos  
Pepperoni or Cheese Pizza  
Carrots  
Broccoli Dippers

16 **Breakfast**  
Chicken Biscuit  
Cereal with Pop-Tart, Toast,  
or Muffin

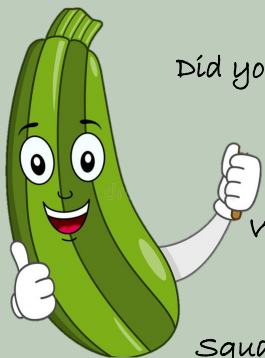
**Lunch**  
Grilled Cheese Sandwich  
Popcorn Chicken with Roll  
Green Beans  
Veggie Dippers



Monday	Tuesday	Wednesday	Thursday	Friday
<p>19 <b>Breakfast</b> Mini Waffles Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Cheeseburger Cheese Quesadilla Sweet Potato Waffle Fries Broccoli Dippers</p>	<p>20 <b>Breakfast</b> Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Steak Fingers with Breadstick Mac &amp; Cheese with Breadstick Mashed Potatoes Side Salad</p>	<p>21 <b>Breakfast</b> Waffle with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> BBQ Sandwich Chicken Nuggets with Roll Baked Beans Coleslaw or Peas &amp; Carrots</p>	<p>22 <b>Breakfast</b> Chocolate Oats Breakfast Bar with Cheesestick Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> French Toast Sticks &amp; Omelet Pepperoni or Cheese Pizza Tater Tots Veggie Dippers</p>	<p>23 <b>Breakfast</b> Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Hotdog Crispy or Grilled Chicken Sandwich Seasoned Black Beans or Blackeyed Peas <b>Squash Casserole</b></p>
<p>26 <b>Breakfast</b> Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Chicken Drumstick with Roll Crispy Fish Sandwich French Fries Carrots</p>	<p>27 <b>Breakfast</b> Goodybun or Donut Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Chicken Quesadilla PBJ Pack Refried or Seasoned Black Beans Cucumber Dippers</p>	<p>28 <b>Breakfast</b> Pancakes with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Beef Ravioli with Breadstick Corn dog Corn Side Salad</p>	<p>29 <b>Breakfast</b> Apple Strudel Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Beef and Cheese Nachos Pepperoni or Cheese Pizza Carrots Broccoli Dippers</p>	<p>30 <b>Breakfast</b> Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Manager's Choice Entrée Green Beans Veggie Dippers</p>

## 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

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.

This institution is an equal opportunity provider.

Menus are subject to change.



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