

October 2020

Bartow County Middle School Menu

Monday

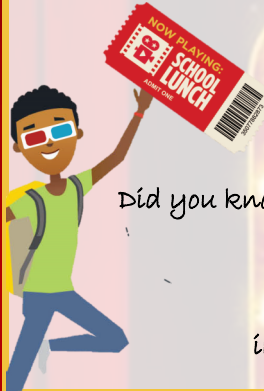
Tuesday

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

Lunch
Cheeseburger
Chicken Tenders
Sweet Potato Fries
Cucumber Dippers

12 **Breakfast**
Sausage Bites with Gravy
Cereal with Pop-Tart, Toast,
or Muffin

Lunch
Crispy Chicken Drumstick
with Biscuit
Fish Filet Sandwich
French Fries
Carrots

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

Lunch
Mac & Cheese with Breadstick
Pizza
Corn
Broccoli & Tomato Salad or
Broccoli Dippers

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

Lunch
Chicken Quesadilla
Pizza
Seasoned Black Beans or
Refried Beans
Veggie Dippers

7 **Breakfast**
Donut or Donut Holes
Cereal with Pop-Tart, Toast,
or Muffin

Lunch
French Toast Sticks & Cheese
Omelet
Boneless Chicken Wings or
Tangerine Chicken Bites
with Roll
Tater Tots, Side Salad

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

Lunch – Early Release
Fresh Market Sandwich, Turkey
& Cheese Sub, PBJ Pack, Chick-
en Sandwich, Hotdog
Carrots, Celery, Broccoli

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

Lunch
Beef and Cheese Nachos
Corndog, Pizza
Carrots, Broccoli & Tomato
Salad or Broccoli Dippers

8 **Breakfast**
Chicken & Waffles
Cereal with Pop-Tart, Toast,
or Muffin

Lunch
Chicken Parmesan Sub
Chicken Nuggets with Roll
Pizza
Green Beans
Veggie Dippers

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

Lunch
Beef and Cheese Nachos
Corndog
Pizza
Carrots, Broccoli Dippers

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

Lunch
BBQ Sandwich or BBQ Plate
Popcorn Chicken with Roll
Baked Beans or
Chickpea Salad
Coleslaw or Peas & Carrots

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

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

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

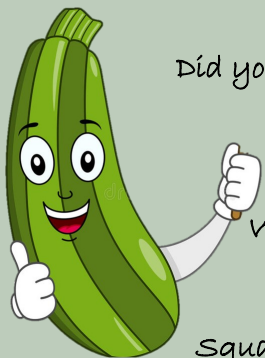
Lunch
BBQ Sandwich or BBQ Plate
Popcorn Chicken with Roll
Baked Beans or
Chickpea Salad
Coleslaw or Peas & Carrots



Monday	Tuesday	Wednesday	Thursday	Friday
<p>19 Breakfast Apple Strudel Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Cheeseburger Chicken Tenders Sweet Potato Fries Cucumber Dippers</p>	<p>20 Breakfast Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Mac & Cheese with Breadstick Pizza Corn Broccoli & Tomato Salad or Broccoli Dippers</p>	<p>21 Breakfast Donut or Donut Holes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch French Toast Sticks & Cheese Omelet Boneless Chicken Wings or Tangerine Chicken Bites with Roll</p>	<p>22 Breakfast Chicken & Waffles Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Parmesan Sub Chicken Nuggets with Roll Pizza Green Beans Veggie Dippers</p>	<p>23 Breakfast Pancakes with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Hotdog Crispy or Grilled Chicken Sandwich Seasoned Black Beans or Blackeyed Peas Squash Casserole</p>
<p>26 Breakfast Sausage Bites with Gravy Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Crispy Chicken Drumstick with Biscuit Fish Filet Sandwich French Fries Carrots</p>	<p>27 Breakfast Goodybun Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Quesadilla Pizza Seasoned Black Beans or Refried Beans Veggie Dippers</p>	<p>28 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef Ravioli with Breadstick Steak Fingers with Breadstick Mashed Potatoes Side Salad</p>	<p>29 Breakfast Chocolate Oats Breakfast Bar with Cheesestick Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef and Cheese Nachos Corndog Pizza Carrots, Broccoli & Tomato Salad or Broccoli Dippers</p>	<p>30 Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Manager's Choice Entrée Baked Beans or Chickpea Salad Coleslaw or Peas & Carrots</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.

Pepperoni, Cheese, Buffalo, and/or Meat Lover's Pizza and/or Pizza sticks available Tuesdays and Thursdays.

This institution is an equal opportunity provider.

Menus are subject to change.



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