

October 2020

Bartow County High School Menu



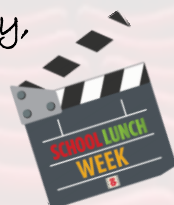
<p>Monday 9/28</p> <p>Crispy Chicken Drumstick with Roll Fish Filet Sandwich French Fries Carrots</p> <p><u>Breakfast:</u> Chocolate Oats Breakfast Bar with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Monday 10/5</p> <p>Cheeseburger Chicken Tenders with Roll Sweet Potato Waffle Fries Cucumber Dippers or Cucumber Salad</p> <p><u>Breakfast:</u> Mini Pancakes, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Monday 10/12</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>Tuesday 9/29</p> <p>Beef Burrito Corndog Seasoned Black Beans or Refried Beans Veggie Dippers</p> <p><u>Breakfast:</u> French Toast Sticks, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Tuesday 10/6</p> <p>French Toast Sticks & Omelet Mac & Cheese with Breadstick Tater Tots Side Salad</p> <p><u>Breakfast:</u> Sausage Bites with Gravy, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Tuesday 10/13</p> <p>Beef Burrito Corndog Seasoned Black Beans or Refried Beans Veggie Dippers</p> <p><u>Breakfast:</u> French Toast Sticks, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Wednesday 9/30</p> <p>Manager's Choice Entree Mashed Potatoes Side Salad Carrots</p> <p><u>Breakfast:</u> Goodybun with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Wednesday 10/7</p> <p>Beef & Cheese Nachos Blackeyed Peas or Seasoned Black Beans Carrots Veggie Dippers</p> <p><u>Breakfast:</u> Pancakes with Sausage Link, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Wednesday 10/14 – Early Release</p> <p>Fresh Market Sandwich, Turkey & Cheese Sub PBJ Pack, Chicken Sandwich, Hotdog Carrots, Celery, or Broccoli</p> <p><u>Breakfast:</u> Goodybun with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Thursday 10/1</p> <p>BBQ Sandwich or BBQ Plate Original or Spicy Popcorn Chicken Baked Beans or Chickpea Salad Coleslaw</p> <p><u>Breakfast:</u> Chicken & Waffles, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Thursday 10/8</p> <p>Chicken Parmesan Sub Chicken Nuggets with Roll Corn Broccoli & Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Glazed Donut or Donut Holes, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Thursday 10/15</p> <p>BBQ Sandwich or BBQ Plate Original or Spicy Popcorn Chicken Baked Beans or Chickpea Salad Coleslaw</p> <p><u>Breakfast:</u> Chicken & Waffles, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Friday 10/2</p> <p>Chili Cheese Tots with Fritos Boneless Chicken Wings or Tangerine Chicken Bites with Roll Glazed Carrots Broccoli & Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Sausage Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Friday 10/9</p> <p>Hotdog Grilled or Crispy Chicken Sandwich Green Beans Carrots</p> <p><u>Breakfast:</u> Chicken Biscuit with Hashbrown, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Friday 10/16</p> <p>Chili Cheese Tots with Fritos Boneless Chicken Wings or Tangerine Chicken Bites with Roll Glazed Carrots Broccoli & Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Sausage Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>

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.



October 2020

Bartow County High School Menu

Monday 10/19

Cheeseburger
Chicken Tenders with Roll
Sweet Potato Waffle Fries
Cucumber Dippers or Cucumber Salad

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

Monday 10/26

Crispy Chicken Drumstick with Roll
Fish Filet Sandwich
French Fries
Carrots

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

Tuesday 10/20

French Toast Sticks & Omelet
Mac & Cheese with Breadstick
Tater Tots
Side Salad

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

Tuesday 10/27

Beef Burrito
Corndog
Seasoned Black Beans or Refried Beans
Veggie Dippers

Breakfast: French Toast Sticks, Cereal with Pop-Tart, Toast, or Muffin

Wednesday 10/21

Beef & Cheese Nachos
Blackeyed Peas or Seasoned Black Beans
Carrots
Veggie Dippers

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

Wednesday 10/28

Chicken Pasta with Breadstick
Steak Fingers with Breadstick
Mashed Potatoes
Side Salad
Carrots

Breakfast: Goodybun with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin

Thursday 10/22

Chicken Parmesan Sub
Chicken Nuggets with Roll
Corn
Broccoli & Tomato Salad or Broccoli Dippers

Breakfast: Glazed Donut or Donut Holes, Cereal with Pop-Tart, Toast, or Muffin

Thursday 10/29

BBQ Sandwich or BBQ Plate
Original or Spicy Popcorn Chicken
Baked Beans or Chickpea Salad
Coleslaw

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

Friday 10/23

Hotdog
Grilled or Crispy Chicken Sandwich
Green Beans
Squash Casserole

Breakfast: Chicken Biscuit with Hashbrown, Cereal with Pop-Tart, Toast, or Muffin

Friday 10/30

Manager's Choice Entrée
Glazed Carrots
Broccoli & Tomato Salad or Broccoli Dippers

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

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 at CHS & WHS.

Strawberry yogurt with Keebler Elf Grahams may be available as an additional breakfast option.



Follow Us

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

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?

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

Squash are an excellent source of vitamins A & C, which are good for your eye-sight and skin.

