

November 2020

Bartow County
Pre-K Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>2 Breakfast Mini Pancakes</p> <p>Lunch Chicken Drumstick with Roll Sweet Potato Waffle Fries Fruit</p> | <p>3 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Mac & Cheese with Bread- stick Green Beans Fruit</p> | <p>4 Breakfast Cheese Omelet with Toast</p> <p>Lunch PBJ Pack* Tater Tots Fruit</p> | <p>5 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Pepperoni or Cheese Pizza Corn con Queso Fruit</p> | <p>6 Breakfast Chicken Biscuit</p> <p>Lunch Grilled Cheese Sandwich Veggie Dippers Fruit</p> |
| <p>9 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Homemade Cheese Quesadilla with Salsa French Fries Fruit</p> | <p>10 Breakfast Mini Waffles</p> <p>Lunch Popcorn Chicken Bowl with Biscuit Mashed Potatoes Fruit</p> | <p>11 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Nuggets with Roll Baked Beans Fruit</p> | <p>12 Breakfast French Toast Sticks</p> <p>Lunch Pepperoni or Cheese Pizza Broccoli Dippers Fruit</p> | <p>13 Breakfast Sausage Biscuit</p> <p>Lunch Crispy Chicken Sandwich Carrots Fruit</p> |
| <p>16 Breakfast Mini Pancakes</p> <p>Lunch Chicken Drumstick with Roll Sweet Potato Waffle Fries Fruit</p> | <p>17 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Mac & Cheese with Bread- stick Green Beans Fruit</p> | <p>18 Breakfast Cheese Omelet with Toast</p> <p>Lunch PBJ Pack* Tater Tots Fruit</p> | <p>19 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Pepperoni or Cheese Pizza Corn con Queso Fruit</p> | <p>20 Breakfast Chicken Biscuit</p> <p>Lunch Grilled Cheese Sandwich Veggie Dippers Fruit</p> |

Monday

30

Breakfast

Cereal with Pop-Tart, Toast,
or Muffin

Lunch

Manager's Choice Entrée
French Fries, Fruit

LOCAL FALL FUN

Pettit Creek Farms | Cartersville
Pumpkin Patch Farm | Adairsville
Berry Patch Farms | Woodstock
Copper Creek Farm | Calhoun

Students and staff are invited to join us the week of November 16th as we celebrate the season with a *Thanksgiving meal*.

Participating schools include Allatoona, Cloverleaf, Emerson, Euharlee, Hamilton Crossing, Kingston, Mission Road, Pine Log, and White Elementary. Contact local school for date of meal.



NUTRITION NEWS: Sweet Potato

Sweet potatoes grow underground and love hot, moist temperatures, like our Georgia climate.

Sweet potatoes are in the "morning glory" family and are in season in Georgia from August through November.

They are full of brain-fueling carbohydrates and belly-filling fiber.

Sweet potatoes are an excellent source of vitamin A, which is critical for your eye health, and potassium.



Available Daily

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

Unflavored skim milk is served with breakfast and lunch daily.

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



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