

November 2020

Bartow County Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Drumstick with Roll Rotini with Meat Sauce and Roll Sweet Potato Waffle Fries Broccoli Dippers</p>	<p>3</p> <p>Breakfast Mini Donuts Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Mac & Cheese with Breadstick Chicken Tenders Green Beans Cucumber Dippers</p>	<p>4</p> <p>Breakfast Pancakes with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chili with Fritos or Fiesta Chicken Soup with Tortilla Chips Corn dog Tater Tots Side Salad</p>	<p>5</p> <p>Breakfast Apple Strudel Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef & Cheese Nachos Pepperoni or Cheese Pizza Refried or Black Beans Salsa Corn con Queso</p>	<p>6</p> <p>Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Grilled Cheese Sandwich Asian Chicken Bowl Veggie Dippers Carrots</p>
<p>9</p> <p>Breakfast Mini Waffles Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Cheeseburger Homemade Cheese Quesadilla French Fries Salsa</p>	<p>10</p> <p>Breakfast Blueberry Scone Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Steak Fingers with Biscuit Popcorn Chicken Bowl with Biscuit Mashed Potatoes Side Salad</p>	<p>11</p> <p>Breakfast Waffle with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch BBQ Sandwich Chicken Nuggets with Roll Baked Beans Coleslaw</p>	<p>12</p> <p>Breakfast French Toast Sticks Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken & Rice Casserole with Roll Pepperoni or Cheese Pizza Broccoli Dippers Green Beans</p>	<p>13</p> <p>Breakfast Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Hotdog Crispy Chicken Sandwich Black Beans or Blackeyed Peas Carrots</p>
<p>16</p> <p>Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Drumstick with Roll Rotini with Meat Sauce and Roll Sweet Potato Waffle Fries Broccoli Dippers</p>	<p>17</p> <p>Breakfast Mini Donuts Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Mac & Cheese with Breadstick Chicken Tenders Green Beans Cucumber Dippers</p>	<p>18</p> <p>Breakfast Pancakes with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chili with Fritos or Fiesta Chicken Soup with Tortilla Chips Corn dog Tater Tots Side Salad</p>	<p>19</p> <p>Breakfast Apple Strudel Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef & Cheese Nachos Pepperoni or Cheese Pizza Refried or Black Beans Salsa Corn con Queso</p>	<p>20</p> <p>Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Grilled Cheese Sandwich Asian Chicken Bowl Veggie Dippers Carrots</p>

Monday

30

Breakfast

Mini Waffles

Cereal with Pop-Tart, Toast,
or Muffin

Lunch

Manager's Choice Entrée
French Fries

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

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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