

# December 2020

## Bartow County Middle School Menu

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <p>30 <b>Breakfast</b><br/>Apple Strudel or Mini Cinnis<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Chicken Drumstick with Roll<br/>Chicken &amp; Rice Casserole with<br/>Roll<br/>Sweet Potato Fries<br/>Cucumber Dippers</p> | <p>1 <b>Breakfast</b><br/>Sausage Biscuit<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Cheeseburger<br/>Cheese Quesadilla<br/>French Fries<br/>Chickpea Salad<br/>Salsa</p>  | <p>2 <b>Breakfast</b><br/>Blueberry Scone<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Fiesta Soup<br/>Boneless Chicken Wings with<br/>Roll<br/>Corn con Queso<br/><b>Green Leaf &amp; Spinach<br/>Side Salad</b></p>                                      | <p>3 <b>Breakfast</b><br/>Chicken &amp; Waffles<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Mac &amp; Cheese with<br/>Breadstick<br/>Asian Chicken Bowl<br/>Cherry Tomatoes<br/>Green Beans</p>                         | <p>4 <b>Breakfast</b><br/>Pancakes with Sausage Link<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>BBQ Nachos<br/>Chicken Nuggets w/<br/>Breadstick<br/>Baked Beans or Refried Beans<br/>Broccoli &amp; Tomato Salad or<br/>Broccoli Dippers</p>    |
| <p>7 <b>Breakfast</b><br/>Sausage Bites with Gravy<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Chicken Tenders<br/>Tex-Mex Chicken Burrito<br/>Refried or Black Beans<br/>Salsa</p>  | <p>8 <b>Breakfast</b><br/>Mini Donuts<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Chili with Fritos<br/>Corndog<br/>Tater Tots<br/>Veggie Dippers</p>                       | <p>9 <b>Breakfast</b><br/>French Toast Sticks<br/>with Omelet<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Popcorn Chicken Bowl<br/>with Biscuit<br/>Steak Fingers with Biscuit<br/>Mashed Potatoes<br/><b>Green Leaf &amp; Spinach<br/>Side Salad</b></p> | <p>10 <b>Breakfast</b><br/>Mini Pancakes<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Buffalo Chicken Nachos<br/>Pizza<br/>Blackeyed Peas or<br/>Black Beans<br/>Broccoli &amp; Tomato Salad or<br/>Broccoli Dippers</p> | <p>11 <b>Breakfast</b><br/>Chicken Biscuit<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Crispy Chicken Sandwich<br/>Hotdog<br/>Green Beans or Coleslaw<br/>Carrots</p>   |
| <p>14 <b>Breakfast</b><br/>Apple Strudel or Mini Cinnis<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Chicken Drumstick with Roll<br/>Chicken &amp; Rice Casserole with<br/>Roll<br/>Sweet Potato Fries<br/>Cucumber Dippers</p> | <p>15 <b>Breakfast</b><br/>Sausage Biscuit<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Cheeseburger<br/>Cheese Quesadilla<br/>French Fries<br/>Chickpea Salad<br/>Salsa</p> | <p>16 <b>Breakfast</b><br/>Blueberry Scone<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Fiesta Soup<br/>Boneless Chicken Wings with<br/>Roll<br/>Corn con Queso<br/><b>Green Leaf &amp; Spinach<br/>Side Salad</b></p>                                     | <p>17 <b>Breakfast</b><br/>Chicken &amp; Waffles<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch</b><br/>Mac &amp; Cheese with<br/>Breadstick<br/>Asian Chicken Bowl<br/>Cherry Tomatoes<br/>Green Beans</p>                        | <p>18 <b>Breakfast</b><br/>Pancakes with Sausage Link<br/>Cereal with Pop-Tart, Toast,<br/>or Muffin</p> <p><b>Lunch- Early Release</b><br/>Fresh Market Sandwich,<br/>Turkey &amp; Cheese Sub, PBJ<br/>Pack, Chicken Sandwich,<br/>Hotdog<br/>Carrots, Celery, Broccoli</p> |

# LOCAL DECEMBER FUN

Christmas Lights at Pettit Creek Farms | Cartersville  
Cartersville Exchange Club Christmas Parade | 12/03  
Jingle Jog 5k and One-Mile Fun Run | Sam Smith Park, 12/05  
Lights on the Lake Boat Parade | Lake Allatoona, 12/05

Enjoy the Break!  
December 19 - January 4

## NUTRITION NEWS: Lettuce

*There are many varieties of lettuce that provide Vitamins A and K.  
The darker varieties usually provide more nutrients.*

*Lettuce is a cool season vegetable, so it grows in the Spring or Fall.*

*In Georgia, lettuce is in season  
from October through May.*

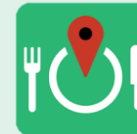


## IN THE NEWS - FoodFinder

The holiday season brings enough stress of its own, so don't let the uncertainty of your family's next meal take away from enjoying the season!

**FoodFinder** is a great (free!) app available to help individuals and families find free food assistance programs. There are multiple locations in and around Bartow County. If you are not in need, consider donating your time and/or pantry items to these great services!

[www.foodfinder.us](http://www.foodfinder.us)



## 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 throughout the week.

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

 Follow Us!

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