

JANUARY 2021

Bartow County Middle School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK!	5 Breakfast Mini Donuts Cereal with Pop-Tart, Toast, or Muffin Lunch Chili with Fritos Corndog Tater Tots Veggie Dippers	6 Breakfast French Toast Sticks with Omelet Cereal with Pop-Tart, Toast, or Muffin Lunch Popcorn Chicken Bowl Steak Fingers with Biscuit Mashed Potatoes Side Salad	7 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin Lunch Buffalo Chicken Nachos Pizza Blackeyed Peas or Black Beans Broccoli & Tomato Salad or Broccoli Dippers	8 Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin Lunch Crispy Chicken Sandwich Hotdog Green Beans or Coleslaw Carrots
	11 Breakfast Mini Cinnis Cereal with Pop-Tart, Toast, or Muffin Lunch Chicken Drumstick with Roll Chicken & Rice Casserole with Roll Sweet Potato Waffle Fries Cucumber Dippers	12 Breakfast Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin Lunch Cheeseburger Homemade Cheese Quesadilla French Fries Chickpea Salad Salsa	13 Breakfast Blueberry Scone Cereal with Pop-Tart, Toast, or Muffin Lunch Fiesta Soup with Tortilla Chips Boneless Chicken Wings with Roll Corn con Queso Side Salad	14 Breakfast Chicken & Waffles Cereal with Pop-Tart, Toast, or Muffin Lunch Mac & Cheese with Breadstick Asian Chicken Bowl Cherry Tomatoes Green Beans

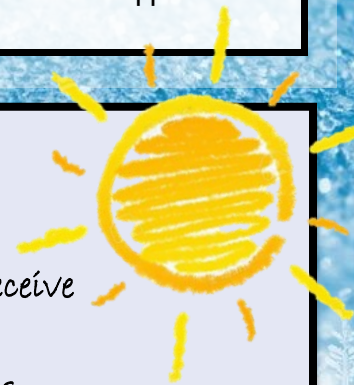
Vitamin D

*Vitamin D is essential for bone strength and development.

*Very few foods contain or are fortified (added) with vitamin D, so most of the vitamin D we receive comes from sun exposure or supplements.

*During the winter months, our vitamin D levels are usually lower than the summer months.

*The best way to ensure that you receive the necessary amount of vitamin D during the winter is to take a low-dose vitamin D₃ supplement.



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18 NO SCHOOL	19 Breakfast Mini Donuts Cereal with Pop-Tart, Toast, or Muffin Lunch Chili with Fritos Corndog Tater Tots Veggie Dippers	20 Breakfast French Toast Sticks with Omelet Cereal with Pop-Tart, Toast, or Muffin Lunch Popcorn Chicken Bowl Steak Fingers with Biscuit Mashed Potatoes Side Salad	21 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin Lunch Buffalo Chicken Nachos Pizza Blackeyed Peas or Black Beans Broccoli & Tomato Salad or Broccoli Dippers	22 Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin Lunch Crispy Chicken Sandwich Hotdog Green Beans or Coleslaw Carrots
25 Breakfast Mini Cinnis Cereal with Pop-Tart, Toast, or Muffin Lunch Chicken Drumstick with Roll Chicken & Rice Casserole with Roll Sweet Potato Waffle Fries Cucumber Dippers	26 Breakfast Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin Lunch Cheeseburger Homemade Cheese Quesadilla French Fries Salsa Asian Fusion Collard Greens	27 Breakfast Blueberry Scone Cereal with Pop-Tart, Toast, or Muffin Lunch Fiesta Soup with Tortilla Chips Boneless Chicken Wings with Roll Corn con Queso Side Salad	28 Breakfast Chicken & Waffles Cereal with Pop-Tart, Toast, or Muffin Lunch Mac & Cheese with Breadstick Asian Chicken Bowl Cherry Tomatoes Green Beans	29 Breakfast Omelet, Sausage Link, & Toast Cereal with Pop-Tart, Toast, or Muffin Lunch Manager's Choice Entrée Baked Beans or Refried Beans Broccoli & Tomato Salad or Broccoli Dippers

NUTRITION NEWS: GREENS

Collards, turnips, and mustard greens are all part of the Brassicaceae family!

Winter greens are available all year, but taste much sweeter during their peak time from December to March.

Winter greens are great providers of Vitamins K, A, and C.

Collards are sweet, mustards are peppery, and turnips are a sweet-peppery blend.



It's a Southern tradition to eat collard greens and black-eyed peas on New Year's Day for health and prosperity.

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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