

January 2021

Bartow County
High School Menu

Welcome
Back!

	<p>Monday 1/11 Chicken Drumstick with Roll Chicken & Rice Casserole 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>Tuesday 1/05 Chili with Saltine Crackers or Fritos Corndog Tater Tots Veggie Dippers</p> <p><u>Breakfast:</u> Mini Donuts, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Tuesday 1/12 Cheeseburger Cheese Quesadilla Salsa French Fries Side Salad</p> <p><u>Breakfast:</u> Sausage Bites with Gravy, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Wednesday 1/06 Popcorn Chicken Bowl with Biscuit Steak Fingers with Biscuit Mashed Potatoes Side Salad</p> <p><u>Breakfast:</u> Goodybun with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Wednesday 1/13 Buffalo Chicken Nachos Blackeyed Peas or Seasoned Black Beans Veggie Dippers</p> <p><u>Breakfast:</u> Omelet with Sausage Link & Toast, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Thursday 1/07 Beef & Cheese Nachos BBQ Sandwich Baked Beans or Chickpea Salad Carrots</p> <p><u>Breakfast:</u> Chicken & Waffles, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Thursday 1/14 Fiesta Soup with Tortilla Chips Chicken Nuggets with Roll Corn con Queso Broccoli & Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Blueberry Scone, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Friday 1/08 Crispy Chicken Sandwich Boneless Chicken Wings Green Beans Broccoli & Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Sausage Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Friday 1/15 Hotdog Asian Chicken Bowl Coleslaw Carrots</p> <p><u>Breakfast:</u> Chicken Biscuit with Hashbrown, Cereal with Pop-Tart, Toast, or Muffin</p>

NUTRITION

NEWS:

Vitamin D

Vitamin D is essential for bone strength and development.

Very few foods contain or are fortified with vitamin D, so the majority of vitamin D we receive is via 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.



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.
Strawberry yogurt with Keebler Elf Grahams may be available as an additional breakfast option.
Pizza Sticks and PB&J Pack may be available as an additional lunch entrée.

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

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<p>Monday 1/18</p> <p><i>No School</i></p>	<p>Monday 1/25</p> <p>Chicken Drumstick with Roll Chicken & Rice Casserole 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>Tuesday 1/19</p> <p>Chili with Saltine Crackers or Fritos Corndog Tater Tots Veggie Dippers</p> <p><u>Breakfast:</u> Mini Donuts, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Tuesday 1/26</p> <p>Cheeseburger Cheese Quesadilla Salsa French Fries Asian Fusion Collard Greens</p> <p><u>Breakfast:</u> Sausage Bites with Gravy, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Wednesday 1/20</p> <p>Popcorn Chicken Bowl with Biscuit Steak Fingers with Biscuit Mashed Potatoes Side Salad</p> <p><u>Breakfast:</u> Goodybun with Cheesestick, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Wednesday 1/27</p> <p>Buffalo Chicken Nachos Blackeyed Peas or Seasoned Black Beans Veggie Dippers</p> <p><u>Breakfast:</u> Omelet with Sausage Link & Toast, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Thursday 1/21</p> <p>Beef & Cheese Nachos BBQ Sandwich Baked Beans or Chickpea Salad Carrots</p> <p><u>Breakfast:</u> Chicken & Waffles, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Thursday 1/28</p> <p>Fiesta Soup with Tortilla Chips Chicken Nuggets with Roll Corn con Queso Broccoli & Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Blueberry Scone, Cereal with Pop-Tart, Toast, or Muffin</p>
<p>Friday 1/22</p> <p>Crispy Chicken Sandwich Boneless Chicken Wings Green Beans Broccoli & Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Sausage Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>	<p>Friday 1/29</p> <p>Manager's Choice Entrée Coleslaw Carrots</p> <p><u>Breakfast:</u> Chicken Biscuit with Hashbrown, Cereal with Pop-Tart, Toast, or Muffin</p>

Bartow County Schools Facts & Numbers



91.2%

Graduation Rate



39%

Honor graduates



46%

of students attend post-secondary in Georgia



19

Advanced Placement courses offered



2,251

College credit hours earned



28

CTAE pathways offered