

February 2021

Bartow County Middle School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Breakfast Sausage Bites with Gravy Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Tenders with Roll Tex-Mex Burrito Refried or Black Beans Salsa</p>	<p>2 Breakfast Mini Donuts Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chili with Fritos Corn dog Tater Tots Veggie Dippers</p>	<p>3 Breakfast French Toast Sticks with Omelet Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Popcorn Chicken Bowl Steak Fingers with Biscuit Mashed Potatoes Side Salad</p>	<p>4 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Buffalo Chicken Nachos Pizza Blackeyed Peas or Black Beans Broccoli & Tomato Salad or Broccoli Dippers</p>	<p>5 Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Crispy Chicken Sandwich Hotdog Green Beans or Coleslaw Carrots</p>
<p>8 Breakfast Mini Cinnis Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Drumstick with Roll Chicken & Rice Casserole with Roll Sweet Potato Waffle Fries Cucumber Dippers</p>	<p>9 Breakfast Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Cheeseburger Homemade Cheese Quesadilla French Fries Chickpea Salad Salsa</p>	<p>10 Breakfast Blueberry Scone Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Fiesta Soup with Tortilla Chips Boneless Chicken Wings with Roll Corn con Queso Side Salad</p>	<p>11 Breakfast Chicken & Waffles Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Mac & Cheese with Breadstick Asian Chicken Bowl Cherry Tomatoes Green Beans</p>	<p>12 Breakfast Omelet, Sausage Link, & Toast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch BBQ Nachos Chicken Nuggets w/ Breadstick Baked or Refried Beans Broccoli & Tomato Salad or Broccoli Dippers</p>

Chocolate Filled Raspberries


Instructions:

1. Rinse raspberries.
2. Heat chocolate chips in microwave-safe bowl in 30-second intervals until melted and smooth. Pour into a zip top bag and cut a small hole in the bottom corner of the bag.
3. Put the melted chocolate into the bag and fill each center of raspberry with the chocolate.
4. Place raspberries in the freezer for about 15 minutes.
5. Enjoy!



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15-17  Enjoy Winter Break!			18 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	19 Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin Lunch Crispy Chicken Sandwich Hotdog Green Beans or Coleslaw Carrots
22 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	23 Breakfast Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin Lunch Cheeseburger Homemade Cheese Quesadilla French Fries Chickpea Salad Salsa	24 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	25 Breakfast Chicken & Waffles Cereal with Pop-Tart, Toast, or Muffin Lunch Mac & Cheese with Breadstick Asian Chicken Bowl Cherry Tomatoes Green Beans	26 Breakfast Omelet, Sausage Link, & Toast Cereal with Pop-Tart, Toast, or Muffin Lunch Manager's Choice Entrée Baked or Refried Beans Broccoli & Tomato Salad or Broccoli Dippers

NUTRITION NEWS: Broccoli



Broccoli is in the same family as cabbage and cauliflower.

Broccoli is full of fiber, which helps your digestive system.

It is also a great source of Vitamin C, aiding your immune system.

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



@bartowcountyschoolnutrition