

# February 2021

## Bartow County High School Menu

<p><b>Monday 2/01</b></p> <p>Chicken Tenders with Roll Tex-Mex Burrito Refried or Black Beans Salsa Cherry Tomatoes</p> <p><u>Breakfast:</u> French Toast &amp; Omelet, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Monday 2/08</b></p> <p>Chicken Drumstick with Roll Chicken &amp; 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><b>Tuesday 2/02</b></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><b>Tuesday 2/09</b></p> <p>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><b>Wednesday 2/03</b></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><b>Wednesday 2/10</b></p> <p>Buffalo Chicken Nachos Blackeyed Peas or Seasoned Black Beans Veggie Dippers</p> <p><u>Breakfast:</u> Omelet with Sausage Link &amp; Toast, Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Thursday 2/04</b></p> <p>Beef &amp; Cheese Nachos BBQ Sandwich Baked Beans or Chickpea Salad Carrots</p> <p><u>Breakfast:</u> Chicken &amp; Waffles, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Thursday 2/11</b></p> <p>Fiesta Soup with Tortilla Chips Chicken Nuggets with Roll Corn con Queso <b>Broccoli &amp; Tomato Salad or Broccoli Dippers</b></p> <p><u>Breakfast:</u> Blueberry Scone, Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Friday 2/05</b></p> <p>Crispy Chicken Sandwich Boneless Chicken Wings with Roll Green Beans Broccoli &amp; Tomato Salad or Broccoli Dippers</p> <p><u>Breakfast:</u> Sausage Biscuit, Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Friday 2/12</b></p> <p>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:

### Broccoli

In the same family as other **cruciferous vegetables**, like cabbage, cauliflower, & Brussel sprouts, broccoli is a **cool-season crop** grown in Georgia from late fall through early spring.

Broccoli is full of **fiber**, promoting healthy digestion.

It is also a great source of **Vitamin C**, which strengthens your immune system and aids in various cell functions.



### 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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## Bartow County High School Menu

**Monday 2/15-Wednesday 2/17**

Enjoy Winter Break!



**Monday 2/22**

Chicken Drumstick with Roll  
 Chicken & Rice Casserole with Roll  
 Sweet Potato Waffle Fries  
 Cucumber Dippers or Cucumber Salad

Breakfast: Mini Pancakes,  
 Cereal with Pop-Tart, Toast, or Muffin

**Tuesday 2/23**

Cheeseburger  
 Cheese Quesadilla  
 Salsa  
 French Fries  
 Side Salad

Breakfast: Sausage Bites with Gravy,  
 Cereal with Pop-Tart, Toast, or Muffin

**Wednesday 2/24**

Buffalo Chicken Nachos  
 Blackeyed Peas or Seasoned Black Beans  
 Veggie Dippers

Breakfast: Omelet with Sausage Link & Toast,  
 Cereal with Pop-Tart, Toast, or Muffin

**Thursday 2/18**

Beef & Cheese Nachos  
 BBQ Sandwich  
 Baked Beans or Chickpea Salad  
 Carrots

Breakfast: Chicken & Waffles,  
 Cereal with Pop-Tart, Toast, or Muffin

**Thursday 2/25**

Fiesta Soup with Tortilla Chips  
 Chicken Nuggets with Roll  
 Corn con Queso  
 Broccoli & Tomato Salad or Broccoli Dippers

Breakfast: Blueberry Scone,  
 Cereal with Pop-Tart, Toast, or Muffin

**Friday 2/19**

Crispy Chicken Sandwich  
 Boneless Chicken Wings with Roll  
 Green Beans  
 Broccoli & Tomato Salad or Broccoli Dippers

Breakfast: Sausage Biscuit,  
 Cereal with Pop-Tart, Toast, or Muffin

**Friday 2/26**

Manager's Choice Entrée  
 Coleslaw  
 Carrots

Breakfast: Chicken Biscuit with Hashbrown,  
 Cereal with Pop-Tart, Toast, or Muffin