

# March 2021

## Bartow County Middle School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 Breakfast</b> Sausage Bites with Gravy or Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Rotini with Meat Sauce &amp; Roll Boneless Chicken Wings with Roll Green Beans Chickpea Salad</p>	<p><b>2 Breakfast</b> Mini Donuts Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Green Eggs &amp; Ham Frittata Or Roast Beast Who Hash Truffula Fruits Truffula Trees One Fish, Two Fish</p>	<p><b>3 Breakfast</b> Cheese Toast with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Burrito Bowl Crispy Chicken Sandwich Corn con Queso Side Salad Salsa</p>	<p><b>4 Breakfast</b> Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> French Toast Sticks and Omelet Crispy Chicken Drumstick with Roll Tater Tots Broccoli Dippers or Broccoli &amp; Tomato Salad</p>	<p><b>5 Breakfast</b> Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Beef &amp; Cheese Nachos Corndog Black Beans or Refried Beans Roasted Carrots</p>
<p><b>8 Breakfast</b> Cheese Toast with Omelet Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Beef &amp; Cheese Tots with Spanish Rice Chicken Tenders or Nuggets with Spanish Rice Refried Beans or Blackeyed Peas Baby Carrots</p>	<p><b>9 Breakfast</b> Cinnamon Roll Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Steak Fingers with Biscuit Popcorn Chicken with Biscuit Mashed Potatoes Side Salad</p>	<p><b>10 Breakfast</b> Mrs. Glenda's Breakfast (Scrambled Eggs, Toast, Bacon) Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Homemade Chicken Quesadilla BBQ Sandwich French Fries, Salsa Broccoli Dippers or Broccoli &amp; Tomato Salad</p>	<p><b>11 Breakfast</b> Signature Glazed Donuts Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Teriyaki Chicken with Fried Rice Pizzaboli, Ravioli, or Lasagna Green Beans Cucumber Dippers</p>	<p><b>12 Breakfast</b> Sausage Biscuit &amp; Gravy Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Mac &amp; Cheese with Breadstick Hotdog Baked Beans Mixed Veggies</p>
<p><b>15 Breakfast</b> Sausage Bites with Gravy or Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Rotini with Meat Sauce &amp; Roll Boneless Chicken Wings with Roll Green Beans Chickpea Salad</p>	<p><b>16 Breakfast</b> Mini Donuts Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Chicken Pot Pie with Biscuit Cheeseburger Sweet Potato Waffle Fries Veggie Dippers</p>	<p><b>17 Breakfast</b> Cheese Toast with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch - Early Release</b> Grilled Cheese Sandwich, PBJ Pack, Chicken Sandwich, Hotdog Carrots, Celery, or Broccoli</p>	<p><b>18 Breakfast</b> Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> French Toast Sticks and Omelet Crispy Chicken Drumstick with Roll Tater Tots Broccoli Dippers or Broccoli &amp; Tomato Salad</p>	<p><b>19 Breakfast</b> Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Beef &amp; Cheese Nachos Corndog Black Beans or Refried Beans Roasted Carrots</p>



# March 2021

## Bartow County Middle School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22 <b>Breakfast</b> Mini Cinnis Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Beef &amp; Cheese Tots with Spanish Rice Chicken Tenders or Nuggets with Spanish Rice Refried Beans or Blackeyed Peas Baby Carrots</p>	<p>23 <b>Breakfast</b> Omelet with Sausage Link &amp; Toast Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Steak Fingers with Biscuit Popcorn Chicken with Biscuit Mashed Potatoes Side Salad with <b>Radishes</b> <b>Roasted Beets</b> (select schools)</p>	<p>24 <b>Breakfast</b> Blueberry Scone Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Homemade Chicken Quesadilla BBQ Sandwich French Fries, Salsa Broccoli Dippers or Broccoli &amp; Tomato Salad</p>	<p>25 <b>Breakfast</b> Chicken &amp; Waffles Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Teriyaki Chicken with Fried Rice Pizzaboli, Ravioli, or Lasagna Green Beans Cucumber Dippers</p>	<p>26 <b>Breakfast</b> Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Mac &amp; Cheese with Breadstick Hotdog Baked Beans Mixed Veggies</p>
<p>29 <b>Breakfast</b> Sausage Bites with Gravy or Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Rotini with Meat Sauce &amp; Roll Boneless Chicken Wings with Roll Green Beans Chickpea Salad</p>	<p>30 <b>Breakfast</b> Mini Donuts Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Chicken Pot Pie with Biscuit Cheeseburger Sweet Potato Waffle Fries Veggie Dippers</p>	<p>31 <b>Breakfast</b> Cheese Toast with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Manager's Choice Entrée Corn con Queso Side Salad Salsa</p>	<p>Apr 1 <b>Breakfast</b> Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> French Toast Sticks and Omelet Crispy Chicken Drumstick with Roll Tater Tots Broccoli Dippers or Broccoli &amp; Tomato Salad</p>	<p>Apr 2 <b>Breakfast</b> Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p><b>Lunch</b> Beef &amp; Cheese Nachos Corn dog Black Beans or Refried Beans Roasted Carrots</p>

### NUTRITION NEWS: Root Veggies

Root vegetables, like radishes, beets, and carrots, come in many shapes, sizes, and colors.

These vegetables are great sources of fiber which helps your digestive system.

Radishes and beets are harvested in the spring.

Carrots are harvested in Georgia from December through June.

### 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.



Follow Us!

@bartowcountyschoolnutrition