

# March 2021

## Bartow County High School Menu

<p><b>Monday 3/01</b></p> <p>Rotini with Meat Sauce, Roll Boneless Wings with Roll Roasted Carrots Chickpea Salad</p> <p><u>Breakfast:</u> Omelet with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Monday 3/08</b></p> <p>Beef &amp; Cheese Tots with Spanish Rice Chicken Tenders with Spanish Rice French Fries Cherry Tomato Dippers</p> <p><u>Breakfast:</u> <b>Cheese Toast with Omelet</b> Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Tuesday 3/02</b></p> <p>Green Eggs &amp; Ham Frittata or Roast Beast (Turkey) Who Hash Truffula Trees &amp; Truffula Fruits One Fish, Two Fish</p>  <p><u>Breakfast:</u> Mini Donuts Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Tuesday 3/9</b></p> <p>Tex-Mex Burrito Buffalo Chicken Nachos Mashed Potatoes Side Salad</p> <p><u>Breakfast:</u> <b>Cinnamon Roll</b> Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Wednesday 3/03</b></p> <p>Burrito Bowl Corn con Queso Side Salad Salsa</p> <p><u>Breakfast:</u> Cheese Toast with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Wednesday 3/10</b></p> <p>Homemade Chicken Quesadilla with Salsa BBQ Sandwich Refried or Black Beans Cucumber Dippers or Cucumber Salad</p> <p><u>Breakfast:</u> <b>Mrs. Glenda's Breakfast (Scrambled Eggs, Toast, Bacon)</b> Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Thursday 3/04</b></p> <p>French Toast Sticks &amp; Omelet Crispy Chicken Drumstick with Roll Tater Tots Broccoli Dippers or Broccoli &amp; Tomato Salad</p> <p><u>Breakfast:</u> Chicken &amp; Waffles Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Thursday 3/11</b></p> <p>Teriyaki Chicken with Fried Rice Green Beans Broccoli Dippers or Broccoli &amp; Tomato Salad</p> <p><u>Breakfast:</u> <b>Signature Glazed Donut</b> Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Friday 3/05</b></p> <p>BBQ Nachos Hotdog Baked Beans Coleslaw</p> <p><u>Breakfast:</u> Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Friday 3/12</b></p> <p>Mac &amp; Cheese with Breadstick Corndog Blackeyed Peas, Black Beans, or Baked Beans Roasted Carrots</p> <p><u>Breakfast:</u> <b>Sausage Biscuit &amp; Gravy</b> Cereal with Pop-Tart, Toast, or Muffin</p>

### NSBW

Join us March 8-12 as we **Score Big** with National School Breakfast Week!

**Students who eat breakfast are more likely to:**

- Maintain a healthy weight
- Have better concentration & memory
- Reach higher levels of achievement in reading & math, and score higher on standardized tests
- Be more alert
- Drink more milk & eat more fruit daily

### 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&I 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><b>Monday 3/15</b></p> <p>Rotini with Meat Sauce, Roll Boneless Wings with Roll Roasted Carrots Chickpea Salad</p> <p><u>Breakfast:</u> Omelet with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Monday 3/22</b></p> <p>Beef &amp; Cheese Tots with Spanish Rice Chicken Tenders with Spanish Rice French Fries Cherry Tomato Dippers</p> <p><u>Breakfast:</u> Sausage Bites or Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Monday 3/29</b></p> <p>Rotini with Meat Sauce, Roll Boneless Wings with Roll Roasted Carrots Chickpea Salad</p> <p><u>Breakfast:</u> Omelet with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Tuesday 3/16</b></p> <p>Chicken Pot Pie with Biscuit Cheeseburger Sweet Potato Waffle Fries Veggie Dippers</p> <p><u>Breakfast:</u> Mini Donuts Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Tuesday 3/23</b></p> <p>Tex-Mex Burrito Buffalo Chicken Nachos Mashed Potatoes Side Salad with <b>Radishes</b> <b>Roasted Beets</b> (at select schools)</p> <p><u>Breakfast:</u> Blueberry Scone Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Tuesday 3/30</b></p> <p>Chicken Pot Pie with Biscuit Cheeseburger Sweet Potato Waffle Fries Veggie Dippers</p> <p><u>Breakfast:</u> Mini Donuts Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Wednesday 3/17</b></p> <p>Burrito Bowl Corn con Queso Side Salad Salsa</p> <p><u>Breakfast:</u> Cheese Toast with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Wednesday 3/24</b></p> <p>Homemade Chicken Quesadilla with Salsa BBQ Sandwich Refried or Black Beans Cucumber Dippers or Cucumber Salad</p> <p><u>Breakfast:</u> French Toast Sticks &amp; Omelet Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Wednesday 3/31</b></p> <p>Manager's Choice Entrée Side Salad Salsa</p> <p><u>Breakfast:</u> Cheese Toast with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Thursday 3/18</b></p> <p>French Toast Sticks &amp; Omelet Crispy Chicken Drumstick with Roll Tater Tots Broccoli Dippers or Broccoli &amp; Tomato Salad</p> <p><u>Breakfast:</u> Chicken &amp; Waffles Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Thursday 3/25</b></p> <p>Teriyaki Chicken with Fried Rice Green Beans Broccoli Dippers or Broccoli &amp; Tomato Salad</p> <p><u>Breakfast:</u> Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Thursday 4/01</b></p> <p>French Toast Sticks &amp; Omelet Crispy Chicken Drumstick with Roll Tater Tots Broccoli Dippers or Broccoli &amp; Tomato Salad</p> <p><u>Breakfast:</u> Chicken &amp; Waffles Cereal with Pop-Tart, Toast, or Muffin</p>
<p><b>Friday 3/19</b></p> <p>BBQ Nachos Hotdog Baked Beans Coleslaw</p> <p><u>Breakfast:</u> Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Friday 3/26</b></p> <p>Mac &amp; Cheese with Breadstick Corndog Blackeyed Peas, Black Beans, or Baked Beans Roasted Carrots</p> <p><u>Breakfast:</u> Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p>	<p><b>Friday 4/02</b></p> <p>BBQ Nachos Hotdog Baked Beans Coleslaw</p> <p><u>Breakfast:</u> Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</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 promotes healthy digestion.

Radishes and beets are harvested in the Spring.  
Carrots are harvested in Georgia from December through June.

