

March 2021

Bartow County
WHS Pre-K Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Breakfast Omelet with Toast</p> <p>Lunch Rotini with Meat Sauce Roasted Carrots Fruit</p>	<p>2 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Green Eggs & Ham Frittata Or Roast Beast Who Hash Truffula Fruits Truffula Trees One Fish, Two Fish</p>	<p>3 Breakfast Cheesy Toast</p> <p>Lunch Pepperoni or Cheese Pizza Corn Fruit</p>	<p>4 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch French Toast & Omelet Tater Tots Fruit</p>	<p>5 Breakfast Sausage Biscuit</p> <p>Lunch PBJ Pack* Cucumber Dippers Fruit</p>
<p>8 Breakfast Cheese Toast with Omelet</p> <p>Lunch Crispy Popcorn Chicken French Fries Fruit</p>	<p>9 Breakfast Cinnamon Roll</p> <p>Lunch Steak Fingers Mashed Potatoes Fruit</p>	<p>10 Breakfast Mrs. Glenda's Breakfast (Scrambled Eggs, Toast, Bacon)</p> <p>Lunch Homemade Chicken Quesadilla Black Beans Fruit</p>	<p>11 Breakfast Signature Glazed Donuts</p> <p>Lunch Teriyaki Chicken with Fried Rice Green Beans Fruit</p>	<p>12 Breakfast Sausage Biscuit & Gravy</p> <p>Lunch Mac & Cheese Roasted Carrots Fruit</p>
<p>15 Breakfast Omelet with Toast</p> <p>Lunch Rotini with Meat Sauce Roasted Carrots Fruit</p>	<p>16 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Pot Pie with Biscuit Sweet Potato Waffle Fries Fruit</p>	<p>17 Breakfast Cheesy Toast</p> <p>Lunch – Early Release Chicken Sandwich, Grilled Cheese Sandwich, PBJ Pack Celery, Carrots, or Broccoli</p>	<p>18 Breakfast Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch French Toast & Omelet Tater Tots Fruit</p>	<p>19 Breakfast Sausage Biscuit</p> <p>Lunch PBJ Pack* Cucumber Dippers Fruit</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
22 Breakfast Mini Waffles Lunch Crispy Popcorn Chicken French Fries Fruit	23 Breakfast Cereal with Pop-Tart, Toast, or Muffin Lunch Steak Fingers Mashed Potatoes Fruit	24 Breakfast French Toast Sticks Lunch Homemade Chicken Quesadilla Black Beans Fruit	25 Breakfast Cereal with Pop-Tart, Toast, or Muffin Lunch Teriyaki Chicken with Fried Rice Green Beans Fruit	26 Breakfast Chicken Biscuit Lunch Mac & Cheese Roasted Carrots Fruit
29 Breakfast Omelet with Toast Lunch Rotini with Meat Sauce Roasted Carrots Fruit	30 Breakfast Cereal with Pop-Tart, Toast, or Muffin Lunch Chicken Pot Pie with Biscuit Sweet Potato Waffle Fries Fruit	31 Breakfast Cheesy Toast Lunch Manager's Choice Entrée Corn Fruit	Apr 1 Breakfast Cereal with Pop-Tart, Toast, or Muffin Lunch French Toast & Omelet Tater Tots Fruit	Apr 2 Breakfast Sausage Biscuit Lunch PBJ Pack* Cucumber Dippers Fruit

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

Fresh, canned, or 100% fruit juice may be served with breakfast daily.

Unflavored skim milk is served with breakfast and lunch daily.

*Chicken sandwich provided for students with documented peanut allergy.

This institution is an equal opportunity provider.

Menus are subject to change.



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