



# August Lunch Menu

Indicates local, Georgia Grown Food!

## Barrow Elementary

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
|  | 1   | 2<br>Chicken Filet Sandwich<br>Lettuce/Tomato/Pickle<br>Sidewinder Fries<br>Fresh GA Peach<br>Diced Pears  | 3<br>Hot Dog<br>Coleslaw<br>Savory Baked Beans<br>Sun Chips<br><i>National Watermelon Day</i><br>GA Watermelon                    | 4<br><b>NEW!</b> Pepperoni Pizza<br>Fresh GA Squash<br>Broccoli Florets<br>Ice Dog Fruit Slushie<br>Pineapple<br><i>National Chocolate Chip Cookie Day</i> |
| 7<br>Turkey & Cheese Sandwich<br>Lettuce/Tomato/Pickle<br>California Blend<br>Baked Doritos<br>Sliced Peaches<br>Fresh Fruit                                 | 8<br>Asian Chicken w/Rice<br>Fresh Steamed Broccoli<br>Carrots w/Dip<br>Pineapple Tidbits<br>Fresh Fruit<br>Welch's Fruit Snack Bites | 9<br>BBQ Pork Sandwich<br>Coleslaw<br>Tater Tots<br>Applesauce<br>Fresh GA Peach                           | 10<br>Beef & Cheese Nachos<br>Pinto Beans<br>Lettuce Tomato<br>Frozen Swirl Cup<br>Fresh Fruit                                    | 11<br>French Bread Pizza<br>Cucumbers & Tomatoes<br>Sweet Yellow Corn<br>Strawberries & Blueberries<br>Diced Pears<br>Brownie                              |
| 14<br>Cheese Filled Breadsticks w/<br>Marinara Sauce<br>Seasoned Black Beans<br>Broccoli & Carrots w/<br>Hummus<br>Tropical Fruit<br>Mini Rice Krispie Treat | 15<br>Brunch 4 Lunch<br>Hash Brown Triangle<br>Carrots w/Dip<br>Yogurt Parfait<br>Baked Cinnamon Apples                               | 16<br>Chicken Smackers w/Roll<br>Creamy Mashed Potatoes<br>Broccoli w/Dip<br>GA Watermelon<br>Applesauce   | 17<br>Fish Sticks w/<br>Macaroni & Cheese<br>Green Beans<br>Coleslaw<br>GA Peach  | 18<br><b>NEW!</b> Cheese Pizza<br>Corn on the Cob<br>Grape Tomatoes w/Dip<br>Ice Dog Fruit Slushie<br>Fresh Fruit  |
| 21<br>Mini Corndogs<br>Savory Baked Beans<br>Baked Cheetos<br>Fresh Veggie Cup<br>Fruit Cocktail<br>Fresh Fruit  | 22<br>Cheesy Italian Rotini Bake<br>w/Texas Toast<br>Tossed Salad<br>Summer Squash<br>Diced Pears<br>Fresh Fruit                      | 23<br>Fish & Chip Basket<br>Oven Fries<br>Carrots & Tomatoes<br>Sliced Peaches<br>Fresh Fruit              | 24<br><i>National Waffle Day</i><br>Chicken & Waffles<br>Cucumber Slices<br>Broccoli w/Cheese<br>Fresh Melons<br>Mandarin Oranges | 25<br><b>NEW!</b> Deep Dish Pepperoni Pizza<br>Sweet Waffle Cut Fries<br>Celery Sticks<br>Birthday Bash Fruit Slushie<br>Fresh Fruit<br>Rice Krispie Treat |
| 28<br>Ham & Cheese Flatbread<br>Sweet Potato Wedge Fries<br>Fresh Veggie Cup<br>Applesauce<br>Fresh Fruit  | 29<br>Chili Cheese Fries<br>Carrot Sticks<br>Tossed Salad<br>Ice Dog Fruit Slushie<br>Fresh Fruit<br>Brownie                          | 30<br>Chicken Filet Sandwich<br>Lettuce Tomato Pickle<br>Sidewinder Fries<br>Fresh GA Peach<br>Diced Pears | 31<br>Mini Hot Dogs<br>Coleslaw<br>Savory Baked Beans<br>Baked Chips<br>GA Watermelon<br>Mandarin Oranges                         |  |
|  |   |  |   |  |

### Welcome Back!

**Offered Daily:**  
Hamburger, PBJ Grab-n-Go, or Yogurt & muffin Plate.  
Assorted fat-free or low-fat milk is offered at lunch.  
**Meal Prices:**  
Paid - \$1.50  
Reduced - \$0.40  
Adult - \$3.25  
Menu subject to change due to market conditions, delivery, food availability, and school activities.

### National Watermelon Day is August 3rd!

- Watermelon is in season May-August
- Watermelon is a nutritious snack that contains Vitamin A, Vitamin B6, potassium & Vitamin C
- Watermelons are 92% water
- Seedless watermelons we invented over 50 years ago
- A watermelon takes 90 days to grow

