










# August Lunch Menu

 Indicates local, Georgia Grown Food!

## Barrow High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	Bacon Cheeseburger <sup>2</sup> Hot Dog Coleslaw Baked Beans Sidewinder Fries GA Peach Diced Pears	Ham & Pepperoni Panini <sup>3</sup> Turkey & Cheese Sub Lettuce Tomato Pickle Baked Doritos Green Beans <i>National Watermelon Day</i> GA Watermelon	Mini Calzones <sup>4</sup> Pepperoni Pizza Summer Squash Tossed Salad Baked Sweet Potato Fresh Fruit <i>National Chocolate Chip Cookie Day</i>
Hamburger <sup>7</sup> Ham & Cheese Croissant Lettuce & Tomato Baked Beans Sun Chips Sliced Peaches Fresh Fruit	 Tender Tuesday' <sup>8</sup> Chicken Tenders w/Roll Mashed Potatoes California Blend Sliced Cucumbers Tropical Fruit	Beef & Cheese Nachos <sup>9</sup> Chicken Quesadilla Spicy Jalapeno Pintos Mexicali Corn Lettuce & Tomato Pineapple Slices Mini Rice Krispie Treat	Shrimp Po'boy <sup>10</sup> Philly Cheese Sandwich Sweet & Spicy Fries Fresh Veggie Cup Cheesy Cauliflower Strawberries & Blueberries Applesauce	Chicken Alfredo <sup>11</sup> Grilled Cheese Sandwich Roasted Carrots Tossed Salad Summer Squash Ice Dog Slushie Welch's Fruit Snack Bites
Hot Dog <sup>14</sup> Mini Corndogs Baked Cheetos Coleslaw Onion Rings Sliced Peaches Fresh Fruit	 Tender Tuesday' <sup>15</sup> Chicken Tenders w/Roll Baked Potato Broccoli & Cheese Grape Tomatoes Mandarin Oranges	Baked Spaghetti <sup>16</sup> Buffalo Ranch Chicken Salad Sandwich Tossed Salad Corn on the Cob Peas & Carrots GA Watermelon	General TSO Chicken <sup>17</sup> Steak Sandwich Egg Roll Steamed Carrots Sliced Cucumbers Diced Pears Fresh Fruit	<i>National Fajita Day</i> <sup>18</sup> Chicken Fajitas Cheese Quesadilla Roasted Peppers & Onions Mexicali Corn/Spicy Pintos Lettuce & Tomato Fresh Fruit
BBQ Pork Sandwich <sup>21</sup> Chicken & Chili Crispito Baked Beans Oven Fries Grape Tomatoes Fruit Cocktail Fresh Fruit	 Tender Tuesday' <sup>22</sup> Chicken Tenders w/Roll Green Beans Mac & Cheese Fresh Veggie Cup GA Peach	Brunch 4 Lunch <sup>23</sup> Hashbrown Tri Tater Carrots Grits & Gravy Yogurt Parfait Baked Cinnamon Apples	<i>National Waffle Day</i> <sup>24</sup> Chicken & Waffles Grilled Cheese Sandwich Mashed Potatoes Strawberry Spinach Salad Green Peas Applesauce	Chili Cheese Fries <sup>25</sup> Fish Sandwich Sweet Yellow Corn Steamed Broccoli Celery Sticks Birthday Bash Fruit Slushie Rice Krispie Treat
Sloppy Joe Sandwich <sup>28</sup> Ham & Cheese Croissant Tater Tots Lettuce Tomato Pickle California Blend Ice Dog Slushie Fresh Fruit	Poppyseed Chicken <sup>29</sup> Fish Sandwich Broccoli & Cheese Orange Glazed Carrots Cucumbers & Tomatoes Mandarin Oranges Fresh Fruit	Bacon Cheeseburger <sup>30</sup> Hot Dog Coleslaw Baked Beans Sidewinder Fries Fruit Cocktail Fresh Fruit	Ham & Pepperoni Panini <sup>31</sup> Turkey & Cheese Sub Lettuce Tomato Pickle Baked Doritos Green Beans GA Watermelon Sliced Peaches	
		<i>Gold Award Winner</i> 		

### Welcome Back!

Offered Daily:  
Muffin & Yogurt Plate, PBJ Grab-n-Go, Deli Subs & Wraps, Chicken Sandwich, Pizza, and Chef Salads.

Assorted fat-free or low-fat milk.

Lunch Prices:  
Paid: \$2.00  
Reduced: \$0.40  
Adult: \$3.25

Menus are 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 were 'invented' over 50 years ago
- A watermelon takes 90 days to grow
- Did you know a watermelon can be considered a fruit *and* a vegetable!

