

December

Barrow High School

Menu

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




The Harvest of the Month (HOTM) featured item for December is Georgia Grown Kale from Herndon Farms in Lyons, GA. It is an excellent source of vitamin A (good for your vision), and vitamin C (helps the body heal), a good source of calcium (essential for building bones) and potassium (maintains the heart beat).

FUN FACTS:

- ◆ Kale has more than twice the Vitamin C of an orange!
- ◆ There are over 50 varieties of Kale.
- ◆ Kale actually becomes sweeter after the first frost of the season, and it can keep growing right through winter!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1					1 Cheese Stuffed Bread French Bread Pizza Green Beans Corn on the Cob Fresh Veggie Cup Pineapple Slices
Week 2	4 Bacon Cheeseburger Hotdog w/Chili Lettuce Tomato Pickle Spiral Fries California Blend Peaches	5 Chicken Tenders or Buffalo Chicken Tenders w/Roll Green Beans Baby Baker Potatoes Mini Carrots Pears	6 White Chicken Chili Cheese Quesadilla Orange Glazed Carrots Cucumber Slices Baked Sweet Potato Sticks Peach Cup	7 Meatloaf w/Biscuit Buffalo Chicken Salad Pinto Beans Collard Greens Macaroni & Cheese Pineapple Slices	8 Asian Beef Rice Bowl Sloppy Joe Sandwich Egg Roll Oriental Blend HOTM-Kale Salad Mandarin Oranges
Week 3	11 BBQ Pork Sandwich Oven Baked Chicken & Roll Baked Beans Curly Fries Coleslaw Peaches	12 Chicken Tenders or Buffalo Chicken Tenders w/Roll Green Beans Mashed Potatoes Veggie Cup Fruit Cocktail	13 Beef & Cheese Nachos Soft Tacos Lettuce & Tomato Cheesy Refried Beans Mexicali Corn Strawberry Cup	14 Chili & Crackers Philly Steak & Cheese Baked Potato Carrots Broccoli w/Cheese Applesauce	15 Deep Dish Pizza Meatball Sub Roasted Butternut Squash California Blend HOTM-Kale Salad Fruit Slushy
Week 4	18 Sloppy Joe Sandwich Ham & Cheese Croissant Lettuce Tomato Pickle Baked Beans Tater Tots Pineapple Tidbits	19 Chicken Po' Boy Buffalo Chicken Po' Boy Tossed Salad Broccoli w/Cheese Baked Sweet Potato Peach C	20 Early Release Day PBJ or Sub Sandwich Mini Carrots Celery Sticks Baked Chips Applesauce	21 Winter Break	22 Winter Break Students return to school January 8, 2018.

 Indicates local, Georgia Grown Food!

