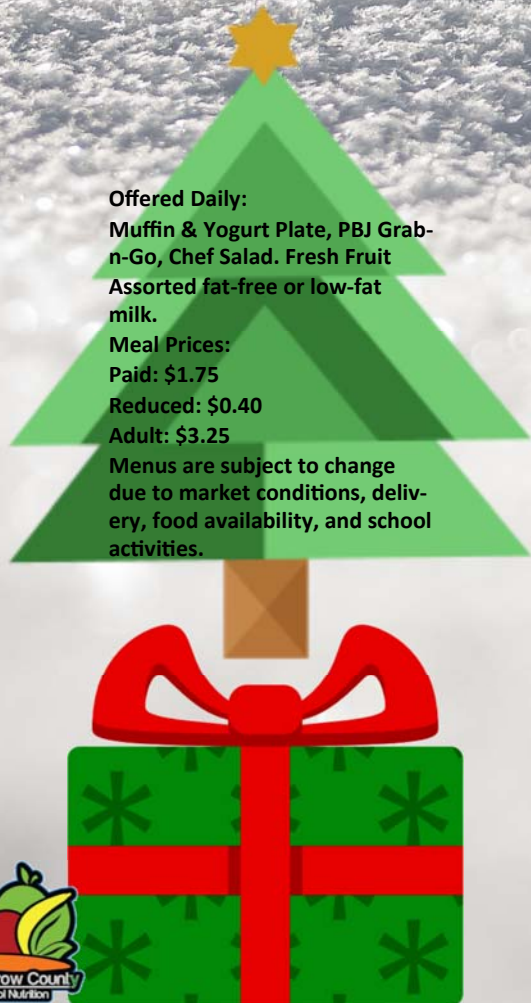




# Barrow Middle School Menu



Offered Daily:  
Muffin & Yogurt Plate, PBJ Grab-n-Go, Chef Salad. Fresh Fruit Assorted fat-free or low-fat milk.

Meal Prices:

Paid: \$1.75

Reduced: \$0.40

Adult: \$3.25

Menus are subject to change due to market conditions, delivery, food availability, and school activities.



This institution is an equal opportunity provider



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 Chicken Filet Sandwich Spicy Chicken Sandwich Lettuce Tomato Pickle Spiral Fries California Blend Peaches	5 Spaghetti & Meatballs Ham & Cheese Ciabatta Tossed Salad Orange Glazed Carrots Steamed Broccoli Pears	6 Cuban Sandwich Chili Dog Coleslaw Baked Sweet Potato Sticks Green Beans Peach Cup	7 Baked Chicken & Roll Buffalo Ranch Chicken Salad Croissant Pinto Beans/Collard Green Macaroni & Cheese Pineapple Slices	8 Stuffed Crust Pizza Meatball Sub Steamed Cauliflower Corn HOM-Kale Salad Oranges & Kiwi
Week 3	11 BBQ Pork Sandwich Chicken Cordon Bleu Savory Baked Beans Curly Fries Coleslaw Peaches	12 Beef & Cheese Nachos Soft Tacos Lettuce Tomato Cheesy Refried Beans Mexicali Corn Fruit Cocktail	13 Regular or Buffalo Style Chicken Tenders w/Roll Green Beans Mashed Potatoes Fresh Veggie Cup Strawberry Cup	14 Chili w/Goldfish Crackers Philly Steak & Cheese Baked Potato Carrots Broccoli w/Cheese Applesauce	15 Deep Dish Pizza Meatball Sub Roasted Butternut Squash California Blend HOM-Kale Salad Fruit Slushy
Week 4	18 Cheeseburger Sliders Chicken Filet Sandwich Lettuce Tomato Pickle Baked Beans Tater Tots Pineapple Tidbits	19 White Chicken Chili Sloppy Joe Sandwich Tossed Salad Green Beans Steamed Carrots Strawberry Cup	20 <b>EARLY RELEASE DAY</b> Sub Sandwich or PBJ Sandwich Mini Carrots/Chips Celery Sticks Applesauce	21 <b>WINTER BREAK</b>	22 <b>WINTER BREAK</b>  <i>Students return to school January 8, 2018</i>

Indicates local, Georgia Grown Food!