

Elementary School Menus for October

Barrow County School System


Menus are subject to change.

October is National Farm to School Month, a time to celebrate the connections happening all over the country between children and local food.



KickIn' It With Kale is this year's campaign for Georgia. It is a state-wide effort to get kids across Georgia eating, growing, and participating in kale-themed activities throughout October.



 Indicates local, GA Grown Food!

Monday, October 1

Donut Holes
Cereal
Muffin
Assorted Juices & Fruits

 Chicken Filet Sandwich
 Fresh Green Beans
Lettuce Tomato Pickle
Sun Chips
Peaches
Brownie

Tuesday, October 2

Chicken Biscuit
Cereal
Apple Filled Breadstick
Assorted Juices & Fruits

Brunch for Lunch
French Toast Sticks
Sausage
Tri Taters
 Fresh Veggie Cup
Strawberry Yogurt
Parfait




Wednesday, October 3

Steak Biscuit
Cereal
Blueberry Bread
Assorted Juices & Fruits

Chicken Alfredo
National Kale Day
Kale Salad
Fresh Buttered Carrots
Pears
Fresh Fruit

Thursday, October 4

Mini Pancakes
Cereal
Bagel
Assorted Juices & Fruits

BBQ Chicken Sandwich
 **HOTM-Coleslaw**
 Baked Chips
 Grape Tomatoes
Baked Beans
Pineapple
Farm to School Cookies

Friday, October 5

Teacher Planning

No School

**Fall
Break
October
8-12**

Monday, October 15

Cinnamon Roll
Cereal
Mini Donuts

Mini Corn Dogs
Sidewinder Fries
Green Beans
Mandarin Oranges
HOTM-Fresh Apples
School Baked Cookie

Tuesday, October 16

Chicken Biscuit
Cereal
Banana Bread
Assorted Juices & Fruits

Chicken Smackers
Roll
Mashed Potatoes
Peas & Carrots
Fruit Cocktail
HOTM-Fresh Apples
Farm to School Cookies

Wednesday, October 17

Bacon Biscuit
Cereal
Mini French Toast
Assorted Juices & Fruits

Beef & Cheese Nachos
Cheesy Refried Beans
Corn
Whole Fruit Sherbert Cup
Fresh Fruit

Thursday, October 18

Sausage & Cheese Bagel
Cereal
Strawberry Guava Bun
Assorted Juices & Fruits

Cheese Stuffed Crust
Pizza
 Fresh Carrots
Broccoli & Cheese
HOTM-Apple Crisp
Fresh Fruit

Friday, October 19

Mini Waffles
Cereal
Cereal Bar
Assorted Juices & Fruits

Chicken & Waffles
 **HOTM-Roasted
Butternut Squash**
 Garden Salad
Peaches
Cookie Dough Bites

This institution is an equal opportunity provider.

All meals include choice of assorted fat-free or low fat milk.

Other lunch entrée choices include Hot Dog, PBJ, Muffin & Yogurt, or Vegetarian Hummus Plate.

Breakfast Meal Prices

Students- No Cost
Adults- \$2.25

Lunch Meal Prices

Reduced- \$0.40
Full- \$1.50
Adults- \$3.25

Monday, October 22

Pancake on a Stick
Cereal
Muffin
Assorted Juices & Fruits

Philly Steak & Cheese
Sandwich
Crinkle Cut Fries
Carrots & Celery Sticks
Pears
Farm to School Cookies

Tuesday, October 23

Chicken Biscuit
Cereal
Crunchmania
Assorted Juices & Fruits

Spaghetti & Meatballs
Fresh Pumpkin Spice
Carrots
Bell Peppers /Tomatoes
Tropical Fruit

Wednesday, October 24

Sausage Biscuit
Cereal
Blueberry Bread
Assorted Juices & Fruits

Oven Baked Chicken
Mashed Potatoes
Black Eye Peas
Carrot Sticks
Pineapple

Thursday, October 25

Ham Egg English Muffin
Cereal
Bagel
Assorted Juices & Fruits

Chili Cheese Fries
Cowboy Caviar
Fresh Veggie Cup
Strawberries & Bananas
HOTM-Fresh Apples

Friday, October 26

Sunrise Flatbread
Cereal
Mini Donuts
Assorted Juices & Fruits

Cheeseburger Sliders
Fresh Green Beans
Kickin it With Kale
Mandarin Oranges
Rice Krispie Treat

Monday, October 29

Ham Biscuit
Cereal
Mini Donuts
Assorted Juices & Fruits

Sloppy Joes
HOTM-Coleslaw
Sweet Potato Waffle
Fries
Fruit Cocktail
Farm to School Cookies

Tuesday, October 30

Chicken Biscuit
Cereal
Banana Bread
Assorted Juices & Fruits

Cowboy Nachos
Lettuce Tomato
Pinto Beans
Salsa
Peaches
Fresh Fruit

Wednesday, October 31

School Baked Cinnamon
Roll
Cereal Assorted Juices &
Fruits

Italian Meatball Sub
Fresh Broccoli & Cheese
Baby Carrots
Trick or Treat Snack
HOTM-Fresh Apples

**Mark your calendars for National School Lunch Week—
October 15-19, 2018! We are sharing Lots2Love 4 NSLW
and serving the students favorite entrees!**

