February 2017

Barrow Middle Schools

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BBQ Sandwich Corndog Sweet Potato Waffle Fries *Creamy Coleslaw Savory Baked Beans Pear Halves Fresh Fruit Cookie	**2** Nachos Carnitas Cheesy Refried Beans Spanish Rice Lettuce & *Tomato Salsa Sliced Peaches 100% Fruit Juice	**3** Papa John's Pizza Italian Meatball Sub *Cheesy Broccoli & Cauliflower *Grape Tomaotes w/Dip Baked Sweet Potato Pineapple Tidbits Fresh Fruit
6 Spaghetti & Meatballs w/Garlic Toast Sloppy Joe Sandwich *Garden Patch Salad California Blend Lima Beans Fruit Cocktail Fresh Fruit	**7** Hot Dog w/Chili Chicken Sliders Onion Rings Savory Baked Beans *Creamy Coleslaw Mandarin Oranges 100% Fruit Juice Pudding Cup	**8** Philly Cheesesteak Bowl Turkey & Cheese Croissant *Fresh Steamed Broccoli *Carrots & Tomatoes *Corn Strawberries Fresh Fruit	**9** Chicken & Waffles Grilled Cheese Sandwich Baked Sweet Potato *Fresh Veggie Cup *Fresh Green Beans Pears 100% Fruit Juice	**10** Steak & Gravy w/Cornbread Fish Sandwich *Collards Brown Rice Blackeye Peas Peach Cup Fresh Fruit
13 Chicken Filet Sandwich Spicy Chicken Filet Sandwich Lettuce/*Tomato/Pickle Spiral Fries Savory Baked Beans Fruit Cocktail Fresh Fruit	**14** Brunch 4 Lunch Brunch 4 Lunch Roasted Potato Chunks *Baby Carrots Grits/Gravy Baked Cinnamon Apples 100% Fruit Juice	**15** Roasted Chicken w/WG Roll Cuban Sandwich Lima Beans *Fresh Veggie Cup Baby Baker Potatoes Pear Halves Fresh Fruit	**16** Papa John's Pizza Italian Meatball Sub *Roasted Butternut Squash *Garden Patch Salad *Fresh Broccoli w/Cheese Sliced Peaches 100% Fruit Juice Rice Krispie Treat	**17** Asian Chicken w/Rice Sloppy Joe Sandwich Edamame California Blend Celery Sticks Pineapple Tidbits Fresh Fruit President's Cookie
20 Student Holiday	**21** Vegetable Beef Soup w/PBJ Sandwich Philly Steak & Cheese Sandwich Tri Taters *Fresh Corn on the Cob *Carrots & Red Peppers Strawberries Welch's Fruit Snack Bites	**22** Lasagna w/Breadstick Turkey & Cheese Flatbread *Garden Patch Salad Orange Glazed Carrots Fresh Cauliflower w/Cheese Peach Cup Scooby Doo Graham Crackers	**23** Chicken Nuggets w/Roll BBQ Pork Sliders Macaroni & Cheese *Fresh Green Beans Okra Mandarin Oranges 100% Fruit Juice	**24** Burrito Bowl Taco Fiesta Grab-n-Go Cheesy Refried Beans Cowboy Salsa Lettuce & *Tomato Pears Fresh Fruit
27 Sloppy Joe Sandwich Chicken Cordon Bleu Sandwich Lettuce/*Tomato/Pickle Winder Fries *Fresh Steamed Squash Fruit Cocktail Fresh Fruit Brownie Bites	**28** Loaded Potato w/Chili & Cheese or Ham & Cheese *Fresh Steamed Broccoli *Veggie Cup w/Dip Peas & Carrots Yogurt Parfait 100% Fruit Juice			

Did you know...

About 1 billion Valentine's Day cards are exchanged each year. This makes it the second largest seasonal card sending time of the year.

Lunch Meal Prices:
Paid:$1.75
Reduced: $.40
Adult: $3.25

Offered Daily Entrée Choices: Peanut Butter Grab-n-Go, Fruit Yogurt & Muffin, Chef Salad. Choice of milk offered and fresh fruit.

This institution is an equal opportunity provider.

School News

Locally Grown Items This Month Include:Broccoli, Cabbage, Carrots, Collards, Corn, Cucumbers, Oranges, Bell Peppers, Yellow Squash, Zucchini, Butternut Squash, and Tomaotes.

farm to school Georgia