

High 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

Biscuit Choice
Cereal
Muffin
Assorted Juices & Fruits


BBQ Chicken Sandwich
Fish Sandwich
Curly Fries

 Lettuce Tomato Pickle
 Fresh Squash
Brownie

Tuesday, October 2

Biscuit Choice
Cereal
Apple Filled Breadstick
Assorted Juices & Fruits

Spaghetti & Meatballs
Turkey & Cheese
Croissant

 Fresh Broccoli
 Bell Peppers Tomatoes
**HOTM-Roasted
Butternut Squash**

Wednesday, October 3

Yogurt Bar
Cereal
Blueberry Bread
Assorted Juices & Fruits

Poppyseed Chicken
Beef & Cheddar S'wich

**National Kale Day
Kale Salad**
Orange Glazed Carrots
Lima Beans
Farm to School Cookie

Thursday, October 4

Biscuit Choice
Cereal
Bagel
Assorted Juices & Fruits

Fiestada Pizza
Sloppy Joe Sliders
Corn

 Cucumbers Tomatoes
 Fresh Green Beans
Pears
HOTM-Fresh Apples

Friday, October 5

Teacher Planning

No School

**Fall
Break
October
8-12**

Monday, October 15

Biscuit Choice
Cereal
Mini Donuts
Assorted Juices & Fruits

Bacon Cheeseburger
Buffalo Chicken
Flatbread
Baked Sweet Potato
California Blend

 **HOTM-Fresh Apples**
Cookie Dough Bites

Tuesday, October 16

Biscuit Choice
Cereal
Banana Bread
Assorted Juices & Fruits

Original or Buffalo
Chicken Tenders & Roll
Mashed Potatoes
Black Eye Peas

 **HOTM-Cabbage
HOTM-Fresh Apples**

Wednesday, October 17

Yogurt Bar
Cereal
Mini French Toast
Assorted Juices & Fruits

Brunch for Lunch
French Toast Sticks
Sausage
Chicken Biscuit

Eggs Grits
Hash Browns
Farm to School Cookies

Thursday, October 18

Sunrise Flatbread
Cereal
Strawberry Guava Bun
Assorted Juices & Fruits

Asian Chicken
Steak & Cheese S'wich
Egg Roll
Edamame

 Fresh Veggie Cup
Orange Wedges
Pudding

Friday, October 19

Biscuit Choice
Cereal
Cereal Bar
Assorted Juices & Fruits

Beef & Cheese Nachos
Chicken Quesadilla
Mexicali Corn
Cheesy Refried
Lettuce Tomato

 Pears

This institution is an equal opportunity provider.

All meals include choice of assorted fat-free or low fat milk.
 Other lunch entrée choices include PBJ, Muffin & Yogurt, or Chef Salad.

Breakfast Meal Prices

Lunch Meal Prices

Students- No Cost
 Adults- \$2.25

Reduced- \$0.40
 Full- \$2.00
 Adults- \$3.25

Monday, October 22

Biscuit Choice
 Cereal
 Muffin
 Assorted Juices & Fruits

Western Burger Sliders
 Hot Dog
 Baked Beans
HOTM-Coleslaw
 Crinkle Cut Fries
 Fruit Sherbet Cup

Tuesday, October 23

Biscuit Choice
 Cereal
 Crunchmania
 Assorted Juices & Fruits

Oven Baked Chicken
 Philly Steak & Cheese
 Carrots & Tomatoes
 Green Peas
 Au Gratin Potatoes
 Mandarin Oranges

Wednesday, October 24

Yogurt Bar
 Cereal
 Blueberry Bread
 Assorted Juices & Fruits

Chili Cheese Fries
 Chicken Po'boy
 Corn
 California Blend
 Cucumber Slices
 Farm to School Cookies

Thursday, October 25

Sunrise Flatbread
 Cereal
 Bagel
 Assorted Juices & Fruits

Wild Mike's Cheese Bites
 Italian Meatball Sub
**HOTM-Roasted
 Butternut Squash**
 Garden Salad
 Fresh Green Beans
 Pineapple & Kiwi

Friday, October 26

Biscuit Choice
 Cereal
 Mini Donuts
 Assorted Juices & Fruits

Fish Basket
 Buffalo Chicken Salad
 Croissant
 Sidewinder Fries
 Corn on the Cob
 Grape Tomatoes
 Rice Krispie Treat

Monday, October 29

Biscuit Choice
 Cereal
 Mini Donuts
 Assorted Juices & Fruits

Smoke House BBQ
 Chicken Chili Crispito
 Potato Smiles
 Fresh Veggie Cup
 Yellow Squash
 Farm to School Cookies

Tuesday, October 30

Sunrise Flatbread
 Cereal
 Banana Bread
 Assorted Juices & Fruits

Baked Potato w/Chili
 Philly Chicken S'wich
 Fresh Broccoli
 Carrots
 Garden Salad
 Fruit Sherbet Cup

Wednesday, October 31

Yogurt Bar Roll
 Cereal Assorted Juices & Fruits

Chicken Noodle Soup w/
 Grilled Cheese S'wich
 Hot Ham & Cheese
HOTM-Coleslaw
 Celery Sticks
 Veggie Fries
 Trick or Treat Snack

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

