

# High School Menus for September

Barrow County School System

This institution is an equal opportunity provider. Menus are subject to change.

 Indicates local, GA Grown Food!

Monday, September 3

## Labor Day



Tuesday, September 4

### Breakfast

Biscuit Choice  
Cereal  
Crunchmania  
Assorted Juices & Fruits

### Lunch

Traditional or Buffalo Style  
Chicken Tenders  
Mashed Potatoes  
Lima Beans  
 Fresh Carrots  
Mandarin Oranges  
Fresh Fruit

Wednesday, September 5

### Breakfast

Yogurt Bar  
Cereal  
Blueberry Bread

### Lunch


Build Your Own Sub  
Ham Turkey Pepperoni  
Sliced Cheese  
 Lettuce Tomato Pickle Onions  
Sun Chips  
 Fresh Veggie Cup  
Fruit Cocktail  
Fresh Fruit  
Smart Cookies

Thursday, September 6

### Breakfast

Sunrise Flatbread  
Cereal  
Mini Bagels

### Lunch

Taco Pizza  
Carnita Torta  
 Garden Salad  
 Corn on the Cob  
 **HOTM-Zucchini**  
Diced Pears  
Fresh Fruit Salad

Friday, September 7

### Breakfast

\*NEW\* Fresh Cinnamon Roll  
Cereal  
Mini Donuts  
Assorted Juices & Fruits

### Lunch

Asian Chicken  
Steak & Cheese Sandwich  
Stir Fry Vegetables  
Edamame  
 Cucumbers & Tomatoes  
 **HOTM-Watermelon**  
Pineapple Slices

Monday, September 10

### Breakfast

Biscuit Choice  
Cereal  
Mini Donuts  
Assorted Juices & Fruits

### Lunch


Rodeo Burger Sandwich  
Turkey & Cheese Croissant  
Sweet Potato Waffle Fries  
 Celery Sticks  
Peas & Carrots  
Peaches  
Fresh Fruit

Tuesday, September 11

### Breakfast

\*NEW\* Fresh Cinnamon Roll  
Cereal  
Banana Bread  
Assorted Juices & Fruits

### Lunch

Cheesy Italian Rotini  
Chicken & Bacon Wrap  
Strawberry Spinach Salad  
 Baked Sweet Potato  
Corn  
Tropical Fruit  
Pear Halves  
Cookie Dough Bites

Wednesday, September 12

### Breakfast

Yogurt Bar  
Cereal  
Pop Tart  
Assorted Juices & Fruits

### Lunch

Brunch for Lunch  
French Toast Sticks w/Sausage  
Chicken Biscuit  
Scrambled Eggs  
Grits/Hash Browns  
 Fresh Carrots  
Fruit & Yogurt Parfait

Thursday, September 13

### Breakfast

Sunrise Flatbread  
Cereal  
Strawberry Guava Bun  
Assorted Juices & Fruits

### Lunch

Poppyseed Chicken  
Beef & Cheddar Sandwich  
Fresh Broccoli  
Spicy Pintos  
 Fire & Ice Salad  
 Mandarin Oranges  
Pudding

Friday, September 14

### Breakfast

Biscuit Choice  
Cereal  
Cereal Bar  
Assorted Juices & Fruits

### Lunch

Chicken Fajita Burrito Bowl  
Soft Tacos  
**HOTM-Zucchini**  
Taco Fiesta Black Beans  
 Lettuce Tomato  
Salsa Guacamole  
Fresh Fruit Salad

All meals include choice of assorted fat-free or low fat milk. Fresh fruit is offered daily.

Other lunch entrée choices include Pizza, Chicken Sandwich, Deli Subs & Wraps, PBJ, Muffin & Yogurt, and Chef Salad.

Breakfast Meal Prices:

Students- No Cost

Adults- \$2.25

Lunch Meal Prices:

Reduced - \$0.40

Full - \$2.00

Adults - \$3.25

**Monday, September 17**

**Breakfast**

Biscuit Choice  
Cereal  
Muffin  
Assorted Juices & Fruits

**Lunch**

Western Burger Sliders  
Hot Dog  
Baked Beans  
Coleslaw  
Crinkle Cut Fries  
Whole Fruit Frozen Cup

**Tuesday, September 18**

**Breakfast**

Biscuit Choice  
Cereal  
Crunchmania  
Assorted Juices & Fruits

**Lunch**

Oven Baked Chicken  
Philly Steak & Cheese Sub  
Fresh Carrots & Tomatoes  
Green Peas  
Baby Baker Potatoes  
Mandarin Oranges

**Wednesday, September 19**

**Breakfast**

Yogurt Bar  
Cereal  
Blueberry Bread  
Assorted Juices & Fruits

**Lunch**

Chili Cheese Fries  
Hot Ham & Cheese Sandwich  
Corn  
California Blend  
Cucumber Slices  
Applesauce

**Thursday, September 20**

**Breakfast**

Sunrise Flatbread  
Cereal  
Mini Bagels  
Assorted Juices & Fruits

**Lunch**

Wild Mike's Cheese Bites  
Italian Meatball Sub  
Orange Glazed Carrots  
Garden Salad  
**HOTM-Zucchini**  
Pineapple & Kiwi

**Friday, September 21**

**Breakfast**

\*NEW\* Fresh Cinnamon Roll  
Cereal  
Mini Donuts  
Assorted Juices & Fruits

**Lunch**

Fish Basket  
Buffalo Ranch Chicken  
Salad Croissant  
Green Beans /Corn on the  
Cob/Fire & Ice Salad  
Fresh Fruit Salad

**Monday, September 24**

**Breakfast**

Biscuit Choice  
Cereal  
Mini Donuts  
Assorted Juices & Fruits

**Lunch**

Chicken Po'boy Sandwich  
Sloppy Joe Sliders  
Sidewinder Fries  
Lettuce Tomato  
Peas & Carrots  
Tropical Fruit  
Fresh Fruit

**Tuesday, September 25**

**Breakfast**

Sunrise Flatbread  
Cereal  
Banana Bread  
Assorted Juices & Fruits

**Lunch**

Baked Potato Bar  
Chili or Ham  
Steamed Broccoli  
Fresh Carrots  
Garden Salad  
Fresh Fruit Salad  
Brownie

**Wednesday, September 26**

**Breakfast**

Yogurt Bar  
Cereal  
Pop Tart  
Assorted Juices & Fruits

**Lunch**

Hamburger/Cheeseburger  
Hot Dog  
Lettuce Tomato Pickle Onions  
Coleslaw Baked Beans  
Baked Chips  
Rips Cool Tropics Slushy  
Fresh Fruit

**Thursday, September 27**

**Breakfast**

\*NEW\* Fresh Cinnamon Roll  
Cereal  
Strawberry Guava Bun  
Assorted Juices & Fruits

**Lunch**

Beef & Cheese Nachos  
Chicken Quesadilla  
Mexicali Corn  
Cheesy Refried Beans  
Lettuce Tomato  
Salsa Guacamole  
Fruit Cocktail/Cookie

**Friday, September 28**

**Breakfast**

Biscuit Choice  
Cereal  
Cereal Bar  
Assorted Juices & Fruits

**Lunch**

Buffalo Chicken Dip & Chips  
Cheesy Garlic Flatbread  
Broccoli Salad  
Fresh Roasted Carrots  
Green Beans  
Fresh Fruit  
Applesauce